The Honeymooners

This Certifies, *That on the*

_____ *day of* _____

*in the year of our Lord, 191*____

_____

and

_____

were by me united in

Marriage

at _____

according to the Ordinance of God and Laws

of the _____

_____

_____ } *Witnesses*

_____

"Now sign your names, which shall be read,
Mute symbols of a joyful morn."

The Bride:

The Bridegroom:

Fancy plays and hearts are warm'd and faces bloom as, drinking health to bride and groom, we wish them store of happy days.

—Tennyson

We do not wish as others have done
That your life may be all sunshine;
But that there may be just enough shadow
To temper the rays of the sun.

In presenting this wedding book to you, the Publishers wish to call your attention to the Advertisers within its covers. They are the most reputable firms in Birmingham in their respective lines and have made this gift possible to you by their advertisement. Please remember them when making your purchases.

Copyrighted, 1915
By
George B. Peters

Wedding Guests

Best Wishes

A wish from the bride's maid of honor:

A wish from the groom's best man:

The Presents

The Nonchalance of Young Bridal Couples

is too frequently comparable only to that of irresponsible small boys. With life's new quiver full of winged arrows they shoot at a venture, indifferent to the whirling of this slippery globe of life, which is hastening their youth away in the dark.

Heed the above and NOW provide an
ANNUAL INCOME

for your wife, to commence immediately upon your death. Payable monthly, quarterly, semi-annually or annually.

The cost now is low, the security absolute.

Such income cannot be attached for debt, hypothecated for loan, and is non-taxable.

Better than stock, bonds or real estate.

Guaranteed by over $180,000,000.00.

The Mutual Benefit Life Insurance Co.

ESTABLISHED IN 1845

For concise information consult CHAS. B. FROMENT, *District Manager*

1014 Woodward Building *Main 2188* *Birmingham, Alabama*

The Honeymooners

AFTER THE WEDDING.

Ordinarily, all the details of a wedding down to the invitations or announcements, as the case may be, have been threshed out and arranged weeks beforehand by the bride-to-be and her girl friends; but occasionally a marriage occurs where no invitations have been sent out, and the announcements overlooked. In a case of this kind the form given below is entirely correct, filling in, of course, the desired names and date:

Mr. and Mrs. William Spofford
Announce the marriage of their daughter,
JUANITA
to
MR. HAROLD JENNINGS BROWN
On Wednesday, June the Thirtieth
Nineteen Hundred and Fourteen
at Grace Chapel
New York

If it is desired to make known the future address of the bride, another card may be enclosed, which reads:

AT HOME
After July Fifteenth
at Twenty-seven East Fortieth Street

Wedding gifts should be acknowledged before the marriage, if possible, but if not, this should be attended to immediately thereafter, as delay makes one seem unappreciative, and besides lessens to some extent the pleasure of the giver.

After the social events incident to the wedding are over, the most important question that confronts husband and wife is where and how to live, whether they shall board, whether they shall live with his or her people, or keep house, and to this there are two answers, "if possible, keep house; if not, board." No man has a right to saddle his wife on his relatives or his relatives on his wife, and no woman should jeopardize her own and

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her husband's happiness by a like experiment with her people. When the birds mate in the springtime they prudently set about the construction of a home, and no man is worthy of the love of a good woman unless he desires to follow the example of the birds and build for her, be it ever so humble, a "Home, Sweet Home." The pleasure to be derived by young married people from the planning and building of a house, as well as the furnishing thereof, is not only inestimable, but is the surest road to contentment, and then, when the babies come, think what a pleasure it will be for them to be born under their own roof.

Without doubt "Home" is the most expressive word in the English language; it carries with it the comforting idea of a haven of rest, where one can do as one pleases; where the chairs are made to be sat upon; where the beds are made to be slept in; where the books are intended to be read, the pipes to be smoked and the porch railing to put the feet upon; where shirt sleeves and slippers are not considered bad form, where certain mysterious odors from the kitchen are faintly discernible as they are wafted in on gentle zephyrs, stirring up half forgotten memories of ye olden, golden days, when the old swimmin' hole was regarded as the most important body of water in the wide world, and where it is not deemed an unpardonable sin to eat as long as one is hungry.

In the selection of a home, the location and neighborhood are the first things to be considered, the former as a matter of choice and convenience, and the latter for obvious reasons. Where possible, an east front is always preferable, and while the interior arrangement of the house merits first consideration, it should not be forgotten that nice, roomy porches not only play an important part in the comfort of a home, but they are of vast protection to the house. In regard to the yard or lawn, a luxuriant stand of blue grass takes first place as a carpet, although Bermuda is extensively used, but in any event if each sprig of grass had to be set out separately and nurtured by hand in order to get a nice green yard, the result would be ample reward for the labor so expended.

Trees and their grateful shade seem to have borne an important part from the very beginning in the making of a home, for did not the Divine Creator stage the open-

her husband's happiness by a like experiment with her people. When the birds mate in the springtime they prudently set about the construction of a home, and no man is worthy of the love of a good woman unless he desires to follow the example of the birds and build for her, be it ever so humble, a "Home, Sweet Home." The pleasure to be derived by young married people from the planning and building of a house, as well as the furnishing thereof, is not only inestimable, but is the surest road to contentment, and then, when the babies come, think what a pleasure it will be for them to be born under their own roof.

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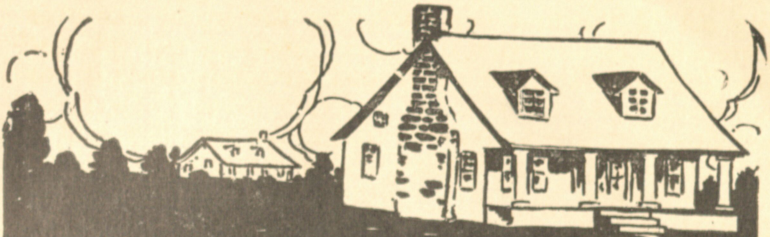
Phone, Main 2750 Cor. 3rd Ave. and 20th St.

ing act of the first domestic play the world has ever known in the "Garden of Eden," and was not the tree that bore the fatal apple intended for shade, since it was expressly forbidden to eat of the fruit thereof? Carrying out this idea, it is to be noted that in the ages past and to this good day, a man's home is oftenest spoken of as his "own vine and fig tree," and the poet raised his voice in protest at sight of the vandal with his destroying axe, bidding him thus:

"Woodman, spare that tree.
Touch not a single bough.
In youth it sheltered me
And I'll protect it now."

At any rate, trees add much to the beauty of the lawn and shade is indispensable. Among the many varieties of shade trees, the elm, while it grows more slowly than many others, is the most desirable, since the wood is tough, the limbs rarely breaking off, and the leaves come early, forming a dense shade, and remaining until late fall. Shade is as essential in the back yard as the front, but apple, peach, pear, cherry and damson trees may be used here, thus combining the pleasure of the shade with the benefit of the fruit. A woman writer in a recent magazine briefly sums up the absolute essentials of an ideal country home as follows: "Pure air, sunshine, breathing spaces, a water supply and sewerage system above reproach, pleasant things to look at—trees, flowers —a garden, where one could do one's own planting of vines, refined neighbors as homogeneous as possible, and all within easy access of the great city." This in a general way expresses the idea in the minds of most city people of a suburban home, and really it covers the case very well.

There is one thing you can't get away from, and that is that summer doesn't last always, even in the country, and therefore the matter of heating is to be considered. A house to be easily heated should be as compactly built as possible, and of the three methods, steam, hot air or hot water, the latter is the general favorite, although if it is necessary to economize, hot air plants can be installed at much less cost than either steam or hot water. An important item, if you have your own heating plant installed, is the placing of the radiators or registers where they will do the most good and at the



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BIRMINGHAM, ALA.

same time be least in the way. Perfection in heating, plumbing and lighting are greatly to be desired in the home, or elsewhere, and while this subject is under discussion, it may be as well to touch upon the subject of silent or noiseless plumbing, a thing you have doubtless wished for but seldom seen. There are a hundred things which may contribute their quota to the hissing, hammering, singing and gurgling which sets up when faucets are turned on or toilets flushed, and quite frequently the particular thing is very difficult to locate. If you are going to have plumbing installed, you should see that your contractor fences against all the probable causes of noise. The hiss and rumble of water in a supply pipe, which occurs when a faucet is opened, may be due to small pipe sizes, improper supports, high pressure, poor location of piping, undersized stop cocks or valves, and so on. For a house with one bathroom, kitchen and laundry fixtures, and one or two lavatories in bed rooms, the main supply pipe should not be less than three-quarters of an inch in size, and one inch is even preferable, if the pressure is less than thirty-five or forty pounds. If the pressure is lower than this the supply pipe should be one inch anyway—not especially to avoid noise, but to provide an adequate volume of water, and should be increased one-quarter inch for each additional bath room. The pipe to the kitchen range boiler should be three-quarter inch in a house having one bath room and one inch where there are two or three. The pipes to the bath room should not be less than three-quarter inch, and if the bath room contains a needle and shower bath, one inch is desirable.

The bath tub should have three-quarter inch supply pipe, the lavatory half inch, the closet half inch, the kitchen sink three-quarter inch, the pantry sink half inch, and the laundry tubs three-quarter inch. These sizes should be maintained right up to the connection with the fixtures, even though the actual valves or faucets of the fixtures are smaller.

High pressure develops a velocity in water flowing through a pipe, which not only causes it to hiss, but at times produces vibration in the pipe itself, the resulting noise being transmitted to the timbers, partitions and flooring of the building, until the whole responds like the sounding board of a piano. Proper supports placed about five feet apart, with a layer of hair felt placed

SAFETY FIRST

THE man who has had the wisdom to ask a sweet, pretty girl to marry him, and then has had the good fortune to be accepted, is to be congratulated. How about the girl?

He has taken her from her home, her family and friends and asked her to trust to his loving care, promised to provide for her, make her future sure. How many men can do this unaided? What will become of the wife if death, through accident or illness, comes before a competence is accumulated?

There is only one answer. A wife is left in want. She must either accept the charity of friends, become a wage earner, the prey of designing men or starve.

It's up to the man to provide for such, a quite possible, contingency, and if he is worthy of the girl who has trusted him he will do it.

Life Insurance is the one sure way—a monthly income the best way.

The Union Central Life Insurance Company, with over one hundred millions of assets, is willing to protect your wife.

W. W. BUSSEY

411-114 WOODARD BUILDING

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between the pipe, with its supporting clamp, and the wood work, will nearly always relieve this trouble.

A non-conducting pipe covering for the prevention of freezing may be purchased in lengths of three feet, and this also has the advantage of preventing the escape of the sound of water running within the pipes.

A good pressure of water is desirable, twenty-five to seventy-five pounds being enough, but higher pressure is apt to be troublesome and noisy when water is drawn. High pressure can be controlled to some extent by installing a pressure reducing valve, through which all water to the house must pass. With high pressure, the sudden closing of a faucet produces what is known as "water hammer," that is, the momentum that the flowing water has attained when a faucet is open will expend itself in hammering within the pipe when the velocity is suddenly checked by the closing of the faucet. Air chambers are used as cushions to prevent or reduce water hammer, and to be effective should be from two to three inches in diameter and at least three or four feet long.

Two principles are employed in the construction of water faucets—the fuller and the compression, and while the fuller pattern is convenient to operate and of more pleasing appearance, the compression faucets, which close slowly, prevent water hammer and give better service.

Rumbling in the pipe connections between water backs in kitchen ranges and hot water boilers is often due to small pipe connections. Pipe connections should pitch up from the water back to the side connection on boilers, instead of reaching it through a series of square turns, the latter method requiring at least twice as long to heat a tank of water.

In regard to the furnishing of a home, if your means are ample, you can lay the whole burden upon the shoulders of a professoinal decorator and furnisher, and go away for a fortnight. When you return, presto! the thing is done; go where you will about the house, there isn't a thing lacking. When you step upon the porch you will wipe your feet upon a door mat that harmonizes in color with the exterior of the house, and has your monogram neatly traced upon its surface. The porch furniture will have the appearance of having been as accurately placed as the pieces on a chess board, and when you enter the house you will discover that the scheme has

Eugenic Marriage

The man who gives his wife a diamond ring and not a

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been carried out with such painstaking attention to detail that the sense of utter correctness and absolute appropriateness impresses you with the idea that you "may look, but mustn't touch." Really, the most satisfactory way for a young married couple to furnish a home is to start in by buying only such things as are absolutely necessary for the kitchen, the dining room and the bed room, and then accumulating, piece by piece, such articles as appeal to you. In this way you will eventually get just what you want and there will be a feeling of intimacy and personal interest in every chair or table you own. This feeling of acquaintanceship with one's belongings develops a pride of possession in the man as well as the woman, for it is doubtful if the chilly breast of an Arctic explorer would heave with more pride when planting the Stars and Stripes at the North Pole than that of a man who has just nailed a loose pailing on the first fence he ever owned.

"The two best days to quarrel are yesterday and tomorrow."

IN THE DINING ROOM.

The dining room and its decorations have much to do with the pleasure of dining. First of all, it should be a cheerful room, whether much or little cost has been put into its arrangement. It should be bright and well ventilated—its whole aspect inviting.

Incapable decorators are now making dungeons of some of our dining rooms by using somber colorings on our walls and ceilings, besides littering up the nooks and corners with bric-a-brac and what-not.

In decorative art there are many manufactures very useful and very artistic, when properly used, but barbarous in effect when they fall into hands that unsuit them to their environs. The dining room should be treated with an eye to simplicity, the colorings cheerful, pleasing to the eye and comforting to the mind, for it is the sustaining element of the whole house—the place where the promised welcome and hospitality of the host are fulfilled.

The service at table demands absolutely spotless linen. The good housewife will pride herself upon table cloths and napkins, as well as her skill and genius in things culinary. Linens run to fashion as do other things, but

Appointments for your Dining Table

When you start housekeeping you will need silver and tableware--either sterling or well plated. Our stock is very large and carefully selected to suit the needs of all.

You are doubly welcome, whether wishing to buy or only to look.

The Presents you have to Give

All newly married couples have to give many presents to friends who are marrying.

When you are making these purchases come to this complete store and look at our large stock of reasonably priced gifts.

Jobe-Rose Jewelry Company

117 N. 19th Street. BIRMINGHAM, ALA.

the laws governing them are flexible enough to accommodate the taste and purse of people of modest means. The bare, wooden top of the table should first be covered with a blanket or pad intended for the purpose. The table cloth should not be starched, but is best when soft and smooth, so that it may drop from the table's edge in graceful folds. Napkins should match table cloth, and also be unstarched.

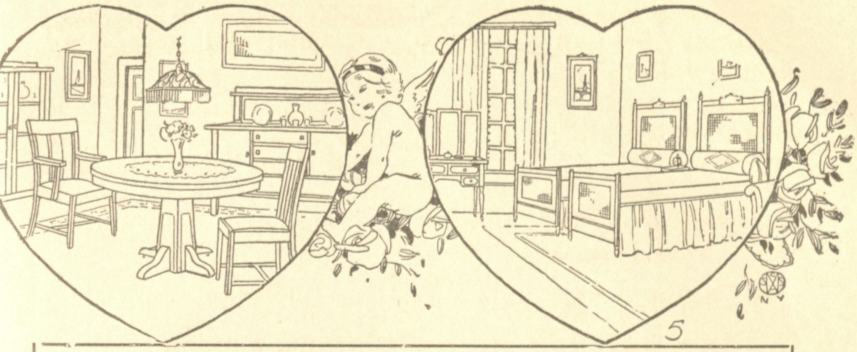
The Cutlery.

Knives and forks are best when plain and of medium size. If one can afford, it is very nice to have a set of knives and forks for each dish. It is almost necessary to have several carving sets, two large and one small, the large for roasts, the small for steaks and fowl. Carving knives are best when slightly bowed in shape, and will be found more convenient than those with a perfectly straight edge. In addition to the ordinary cutlery, there are many special designs in either knives or forks for butter, cheese, oysters, asparagus, pie, fruit, etc,, a list of which may be obtained from any hardware or jewelry store.

Breakfast.

Breakfast is a meal at which all the members of the family should make it a point to be present at the same hour, as it lessens the worry of the housekeeper and tends to keep the servants in a good humor. Breakfast should lend all the cheerfulness possible to the beginning of the day. A few flowers in flower vases should grace the table, and these decorations should be supplemented by the bright colors of fruits, berries and melons. Their influence is immeasureable upon the man of work, who, after breakfast, must plunge into the busy whirl of the day. If a man starts the day in a cheerful mood he is likely to continue so throughout the day. If he starts out ill-natured every little thing annoys and irritates him, and unfits him for the performance of his duties.

The most attractive as well as appropriate china for use at breakfast is in strong colors of green, blue, pink or brown foliage effects, with gold, garlands of roses in natural colors, old flown blues and dainty harebell deco-



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rations. There are less expensive and more modest breakfast sets in very pretty geometrical designs of blues, pinks, greens, browns, etc.

The complete Breakfast Set consists of:

Fruit Set—Fruit basket, individual fruit plates, finger bowls.

Berry Set—Berry bowl, individual berry saucers.

Melon Set—Melon tray, individual melon plates.

Porridge Set—Porridge dish, individual porridge bowls.

Roll plates, individual breakfast plates, covered butter dish, breakfast cups and saucers, chop tray or round platter.

Gravy or well dish, casserole or covered round dish, open vegetable dish, individual toast racks.

Egg Set—Egg trays, egg cups, coffee maker or coffee pot, sugar bowl, cream pitcher, water jug or carafe, mineral water glasses, Apollinaris glasses, table tumblers, crushed ice tubs, cocoa pot.

Wheat Cake Set—Covered muffin dish, syrup jug, lemon tray, powdered sugar bowl, individual cake plates.

People usually eat what they want, but the following is suggested as an every day breakfast menu, which will wear well:

A fruit course, followed by a well cooked cereal, broiled blue fish with strips of bacon, Saratoga chips, a light egg dish, muffins or toast and coffee.

Formal Luncheon.

Luncheon is served after the manner of dinner, except that it is a very light repast of boullion, entrees, salads, hors d'œvres, vegetables, sandwiches, fruit, ice cream and like dainty foods. Claret and Rhine wine, ale or beer may or may not be served at luncheon, as you desire.

The complete china service at luncheon follows: Fern stands, boullion cups, chop tray, casserole or covered round dish, open vegetable dish, sandwich tray, chocolate, coffee or tea pot, plates, cups and saucers, claret decanter and glasses, Rhine wine decanter and glasses, salad set, salad bowl and individual plates, celery tray, bread

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Best for table; Best for cooking; Best for all purposes.

As a food for children *ALAGA* Syrup furnishes the requisite sugar—*the most important of the three food elements*—in its most delicious form.

It contains no Sulphur Dioxide, nor other Drug or Chemical. Don't confound *ALAGA* with cheap syrups and molasses, composed of tasteless filler and a little flavor. *Eat more ALAGA and less meat.* Improves both your health and your pocketbook. Ask your grocer for *ALAGA* and accept no substitute. Refined and packed exclusively by the

ALABAMA-GEORGIA SYRUP COMPANY
MONTGOMERY, ALABAMA

and butter plates. Fruit set, fruit basket or comport and individual fruit plates. Ice cream set, dish, plates and cake plates, olive tray, vinegar and oil cruets, salts and peppers, water carafe or pitcher, water tumblers, crushed ice tub, Apollinaris glasses, iced tea glasses, ale jug and tumblers, beer tankard and glasses or steins, chafing dish.

How to Serve a Dinner.

The custom which prevails in America of serving oysters before soup has met with much criticism from many famous diners. The stomach, in their opinion, should be first toned with warm food, that it may perform its functions the more readily. The number of courses may be from five to fourteen, at the discretion of the host. They should be served quickly, though without the appearance of haste, beginning with soup and following in the order named with their various wines.

Soup	Madeira or Sherry Wine
Oysters	Sauterne
Fish	Rhine Wine
Entree	Bordeaux or Claret
Roast	Champagne, Claret and Sherbet or Punch
Game	Claret or Champagne
Asparagus	White Bordeaux Wines
Salad	(Same wine may remain or not, at discretion of host)
Ice Cream	(no wine)
Cheese	(no wine)
Dessert	Port
	Cognac
	Liqueurs

There are really no set rules for serving wines at dinner, because all palates are not pleased with all wines.

It is permissable to serve the same wine throughout the dinner, but let it be the kind likely to please the most of one's guests.

First in order is the oyster course. This requires oyster plates, in which the raw oysters or clams are served in their own half shells, embedded in cracked ice to keep them cold. Glasses for Bordeaux, Moselle or Rhine wine go with this course.

The soup course being next, it will now be served. The china to be used is composed of a soup tureen and individual soup plates, or, if bouillon is served instead of soup, individual bouillon cups, decanter and glasses for Madeira or sherry. Light soup should be served when the courses following are heavy. Thick soups may be served with a light dinner. The china, cutlery, etc., used in serving this course, as with the others, are removed from the table immediately after the guests have finished with them.

The fish course gives the hostess a fine opportunity to display her taste in china.

The requisite china for this service is a large fish dish, a sauce boat and individual plates, usually decorated with fish designs.

Hot foods, like scalloped oysters and fish, may be cooked and served on the table in a ramequin—a fireproof china dish, by far the best thing for the purpose. Rhine wines of choice vintage are served with this course. Authorities on the question agree that Rhine wines are essentially fish wines.

The entrees may consist of sweetbreads, calves' brains, breaded chops, fricassee of chicken, etc., etc., and should be served on a round dish with harmonious plates, for each guest. With this course red Bordeaux wines are served.

The roast, the principal course of the dinner, is now in turn. The meat is served on a large platter, and the vegetables (hot, of course) are brought on, each kind in its own dish. The china for the roast course should be the most elaborately decorated of the dinner service. A wise plan in selecting one's dinner china is to have the sets for the various courses graded in richness of design, from the more modest soup sets, increasing in brilliancy and reaching a climax in the roast set.

Exquisite glassware is now in order for dry champagnes and rich red wines, like sparkling Burgundies, Bordeaux, hocks or clarets.

The game course does not always form part of the service in large dinners, but when it does, the game dish and plates should be as rich in coloring as those used for the roast course.

Beautiful decorative pictures of wild game adorn the

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308 North 20th Street

BIRMINGHAM, - - ALABAMA

sets shown in the china shops. Many of the pieces are produced by noted artists, and are quite expensive.

Champagne, Claret, Burgundy or Bordeaux may be used with this course, the choice being governed by the kind of game served. Chicken, partridge, quail and turkey would be accompanied by champagne, while the red wines are served with wild duck, wild boar and roebuck.

Cold asparagus follows next in order, with Bordeaux wine. Asparagus is served on a special platter with a drainer, a boat for dressing and individual compartment plates. A separate course is not made of asparagus when roast fowl is served. It is better with the fowl.

Salads should always be served following the game, but when no game is served they should follow the roast. Salads are more palatable when dressed at table, but the preparation of it should not begin until the guests are ready to be served. The oil and vinegar destroy the brittleness of the lettuce if left standing. A fine porcelain bowl made for the purpose is suggested, instead of a cut glass bowl for serving the salad.

The china service for the course consists of a salad bowl, individual salad plates, Mayonnaise bowl, vinegar and oil cruets.

The pudding course is served next, with a large pudding dish, a sauce boat and pudding plates. The serving of puddings at table was done in a primitive manner until some bright potter made a pudding dish within a pudding dish, or rather a fireproof lining, in which the pudding might be baked, then placed in a decorated dish or shell, which fits it nicely. Thus the stains, if any, on the baking dish are hidden from view.

After this course, the heavier china and glass are removed from the table. The floral decorations and lamp or candelabra may remain.

For serving ice cream, which comes next, are ice cream trays, plates and cake plates. Gold and strong contrasting colors show to advantage in the decoration of china used for this course. No wines are served with ice cream. Ice water and ice cream appear to be a popular combination with Americans.

Next comes cheese, with its special cheese set, a dish and individual china plates. Silver bladed dessert knives form part of the service for this course.

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Warehouse and Annex 2019-2021 Fourth Avenue

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After the cheese is served comes the dessert course. The fruit is placed on the table in footed fruit comports, footed dishes and plates to match. Beautiful fruit sets are decorated in flower and fruit designs, with encrusted gold embellishments. There is ample opportunity for the hostess to show her taste in beautiful china in this course. Madeira or port is served in appropriate decanters and glasses.

Cafe noir is now served from a coffee maker or coffee pot in small individual cups and saucers. A sugar bowl containing sugar and sugar tongs are also placed upon the table, but no cream. The best results are secured when coffee is made at table after the French fashion, in a coffee maker. A little cognac may be mixed with the coffee in one's cup, if taste dictates.

A light indulgence in creme de menthe liqueurs or cordials, may now end the dinner, so far as the ladies are concerned. The gentlemen are served with cigars and the dinner party is now ready to repair to the drawing room. Now the gentlemen may spend a short time in the smoking room.

Serving Wines.

Table tumblers are used for breakfast and luncheon, goblets for dinner. The latter are more beautifully decorated.

For sauterne, it is proper to have a sauterne decanter and glasses. The decanters are engraved or in deep cuttings, and have handles. The glasses are of various graceful shapes, with green bowls and stems of crystal.

Madeira decanters and glasses are to be had in rich cuttings, decorated in gold or in plain crystal. They have no handles, and are the size of those used for claret.

Sherry glasses and decanters are made in a variety of decorative effects. The glasses should be taper-shaped, with a slight flare at the top.

The decanter and glasses for Rhine wine may be of various colors, the finest glasses having very long stems. Some are richly gilded and others finely cut.

Sherbet cups are of regular size, in Austrian gilt or crystal cuttings, and are very effective pieces.

Champagne should be sparkling, and is best served from the bottle in saucer-shaped glasses, with long hollow stems. The wine thus retains its effervescence.

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ORGAN RECITALS DAILY

Hock wines are served in decanters, same as those used for sauterne, claret and Burgundy. The glasses, however, are taller than those used for other wines, and are decorated beautifully in gilt and enamel.

Burgundy is served in a decanter with handles, the same shape and size as that used for sauterne or claret, the glasses being in plain crystal and a trifle larger than sherry glasses.

The port decanters are deeply and richly cut, though somewhat smaller than those used for claret, and have no handles. Colored glasses are not used for port. They should be of simple crystal, with perhaps a little gold decoration.

Claret decanters have handles and are made in several designs, with brilliant lapidary stoppers. Glasses are of goblet and round, low shapes, in plain crystal. Claret is never served in colored glasses. In France, claret is diluted with water and served in goblets. They do this with table claret; never with the fine vintages, however.

A small crystal cut glass, plain or decorated, is used for cognac. The cognac decanter is also small and has a handle.

The best way to serve creme de menthe is to first fill the glass with shaved ice, then pour in the liquer. Special bowl-shaped glasses are made for the purpose. The decanter is small, has no handle and may be of plain or colored glass, highly decorated.

Cordials and liqueurs have their special decanters and glasses. The decanters are small, fancy-shaped and have no handles. Some are cut, others are in plain or colored glass, with highly ornate gold effects. Chartreuse, Benedictine, Anisette, Kummel, etc., are served in these decanters and glasses.

The punch bowl is often the pride of the hostess. She may have one in either gilded or cut glass, richly ornamented china, or it may be of silver. Being a very large and odd piece, it may be made a decorative feature of the table. Glasses for punch are in crystal and Austrian effects and highly decorated.

Iced tea and coffee glasses are light and tall, with either straight or bell tops, and will hold about a pint.

Beer is served from a large earthen tankard into beer steins, having covers and holding from a pint to a quart.

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Glass tumblers for beer and ale are light and straight, those for ale being smaller.

Ale jugs are shaped like tankards, but smaller than the beer tankards.

Water jugs may be of either glass, china or earthenware. If of glass, they may be beautifully cut or etched, with gold embellishments. Those of china are ornate in colors and figures Earthenware jugs are made in fine relief, modeled with odd color effects.

We are indebted to the French for the water carafe, which has a wide bowl and long bottle neck, for handling, and is much better than a pitcher for serving ice water.

Mineral water glasses are light, straight and beautifully transparent. A large glass of the same kind is made for Apollinaris.

Finger bowls are either golded or enameled glass, or a combination of both. Some are plain blown, others in richly etched cut glass. They are placed on table with the fruit, and at the end of the repast.

Table tumblers should be of goodly size, that they may hold sufficient cracked ice to keep the water cold. They are richly cut, flutted, etched and plain.

Cracked ice, in quantity to supply the dinner needs, is placed in a glass or china ice tub, which may or may not have a stand.

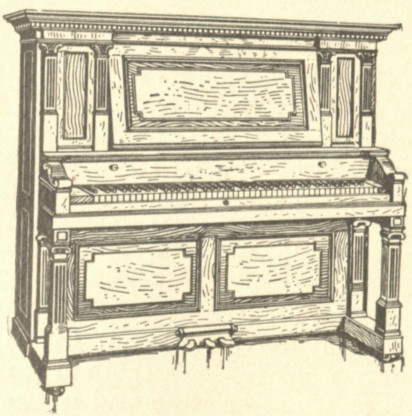
It is proper to state here that the foregoing matter pertaining to dining room and table service, as well as much advice relative to housekeeping and cooking, which will be found elsewhere in this book, has been gleaned from the writings of one of the most eminent authorities on these subjects on the American continent, and may be relied upon implicitly.

Five O'Clock Tea.

Coming, as it does, between luncheon and dinner, this is naturally a dainty repast. To serve more than a morsel is to destroy one's appetite for the evening meal. A cup of tea at this hour is quite refreshing, yet the occasion is more of an excuse for small, informal social gatherings.

The table should be daintily laid with china of delicate design. The cups and saucers, small and thin, may or

WHITAKER



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may not be odd pieces. The kettle, of copper, brass or silver, should be highly polished.

Crisp, dry biscuit, thin bread and butter sandwiches, spice cakes or English tea biscuit, are usually served on plates to each person. The bread sandwiches are often cut in odd shapes.

Making the Tea.

To make good tea, the water must be freshly boiled, as there is a flat taste to tea made from water boiled longer than half an hour, because all the life has left the water.

The water for tea should be filtered and boiled. After it has come to a boil, pour in enough to scald the tea pot, then empty this water. Put in the tea leaves and then the boiling water. Cover the tea pot and allow it to stand five minutes before serving. If left steeping longer the tea becomes strong and bitter.

Those to be served may have different tastes, some liking strong and others weak tea. In this event make it strong enough for those who like it so and weaken it to suit the taste of others by the addition of water, which should, of course, be boiling.

Five o'clock teas usually require more of the beverage than is ordinarily used, and a different method of preparation is necessary. Then the tea is placed in a sheer muslin bag, which is put into the scalded pot. When it has been steeping five minutes the bag is removed, else the decoction will become bitter. A kettle of boiling water is kept over the flame of an oil or spirit lamp, and this water is used to weaken the tea for those who so prefer it.

Good Coffee.

Much of the blame for poor coffee at table is laid upon the kind of coffee used, when, as a matter of fact, the fault is wholly in the making. Good coffee cannot be made from poor beans, but poor coffee can be and is often made from the choicest varieties of coffee grown.

To make good coffee, there must be a good pot or percolator, thoroughly clean, and good coffee, finely ground, which has not been roasted too long. Add to this an intimate acquaintance with the peculiarities of both pot and coffee, so that you may know how much of the

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latter to use and how long to take in the making, and your coffee will no longer be an experiment.

Boiled coffee is made by pouring a sufficient quantity, finely ground, into the pot, then pour in the boiling water. This is allowed to boil sufficiently and then taken from the fire, while the beaten white of an egg and the crushed shell are placed in the pot. Again place on the fire and let boil about one minute, remove and allow to stand not more than five minutes, when it is ready to serve.

The Kitchen Time Table.

Time required for boiling various meats: Beef, per pound, 30 to 35 minutes; corned beef, per pound, 30 minutes; mutton, per pound, 15 minutes; ham, per pound, 20 to 25 minutes; chicken, per pound, 15 minutes; turkey, per pound, 15 minutes; sweetbreads, per pound, 20 to 30 minutes; veal, two to five hours; smoked tongue, three to four hours; beef, a la mode, three to four hours; tripe, five to eight hours.

Time Required for Boiling Eggs and Vegetables.

Eggs, 2 to 3 minutes; hard boiled eggs, peas, tomatoes, Brussels sprouts, rice, green corn, spinach, 15 to 20 minutes; asparagus, cauliflower, squash, celery, macaroni, potatoes, young cabbage, 20 to 30 minutes; carrots, onions, turnips, young beets, parsnips, Lima beans, 20 to 45 minutes; oyster plant, string beans, shell beans, 45 to 60 minutes; oatmeal, hominy and wheat, one to two hours.

Time Required for Boiling Fish.

Lobster, whole, 40 minutes; clams and oysters, 3 to 5 minutes; bass, 10 minutes; blue fish, 30 minutes; salmon, in slices, 15 minutes; halibut, per pound, 15 minutes; cod, per pound, 15 minutes; haddock, per pound, 6 minutes; small fish, per pound, 6 minutes.

Time Required for Baking or Roasting Meat or Fish.

Beef ribs, well done, per pound, 12 to 15 minutes; beef ribs, rare, per pound, 10 minutes; beef, rolled, rib or rump, per pound, 12 to 15 minutes; beef, long or short

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filet, per pound, 12 to 15 minutes; beef sirloin, rare, per pound, 10 minutes; beef sirloin, well done, per pound, 12 to 15 minutes; lamb, well done, per pound, 15 minutes; mutton, leg, rare, per pound, 10 minutes; mutton, leg, well done, per pound, 15 minutes; pork, well done, per pound, 30 minutes; turkey, 8 pounds 2 hours, 10 pounds 3 hours; duck, tame, per pound, 40 to 60 minutes; duck, wild, per pound, 30 to 40 minutes; partridge, 30 to 40 minutes; goose, 8 pounds, 2 hours; venison, rare, per pound, 10 to 15 minutes; grouse, per pound, 30 minutes; pigeons, per pound, 30 minutes; small birds, 15 to 20 minutes; fish, small, 20 to 30 minutes; fish, thick, 4 to 6 pounds, one hour; fish, long, thin, 6 to 8 pounds, one hour; braised meats, three to four hours; liver, whole, two hours; scalloped dishes, 15 to 20 minutes.

Time Required for Frying.

Muffins, fritters and doughnuts, 3 to 5 minutes; smelts, small fish, croquettes and fish balls, 2 minutes; slices of fish and breaded chops, 4 to 6 minutes; chicken, 10 minutes.

Time Required for Broiling.

Steak, 1-inch thick, 7 to 10 minutes; steak, 1 1-2 inch thick, 10 to 12 minutes; mutton chops, 8 to 10 minutes; spring chicken, 20 to 25 minutes; small thin fish, 20 minutes; thick fish, 30 minutes; shad, 25 minutes; trout, 15 to 25 minutes; blue fish, 15 to 25 minutes; squab, 15 to 25 minutes; grouse, 15 minutes; quail, 8 to 10 minutes.

Time Required for Baking Bread, Cakes, Puddings, Etc.

Loaf bead, 40 to 60 minutes; graham gems, 30 minutes; rolls and biscuit, 10 to 20 minutes; cookies, 10 to 15 minutes; ginger bread, 20 to 30 minutes; fruit cake, three hours; sponge cake, 45 to 60 minutes; plain cake, 30 to 40 minutes; rice and tapioca, 60 minutes; plum pudding, ten hours; Indian pudding, two to three hours; bread pudding, one hour; custards, 15 to 20 minutes; steamed puddings, one to three hours; steamed brown bread, three hours; pie crust, about 30 minutes; baked beans, six to eight hours; potatoes, 30 to 45 minutes.

Comparative Table of Measures.

One cup equals ½ pint; 4 cups flour equal 1 pound

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Cookies, Biscuit,
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Cocoanut Snaps,
Graham Wafers,
Ginger Cookies,
Lemon Biscuits,
Lemon Drops,
Lemon Snaps,
Lemon Wafers,
Oyster Crackers,
Orange Wafers,
Raisin Cookies,
Sugar Cookies,
Casey Jones,
Honey Love Cookies,
Hiland Biscuit,
Pretzelettes,
Steamboat Bill,
Sweethearts,
Rays Pies,
U. S. Ginger Snaps,
Sodas, Milk Biscuits,
Vanilla Wafers,
Graham Sandwich,
Lemon Jumble,
Soda Crackers—
Fairy, H. B. C.,
Regal City,
Excelsior,
Oyster Crackers—
Gem, Pearl,
Merita,
Cracker Meal,
Sponge Biscuit—
Butter Thins,
Saltines,
Snowflakes.

10c PACKAGES

Billie Burke,
Club Wafers,
Cheese Biscuits,
Cracker Meal,
Fig Newton,
Graham Wafers,
Orange Wafers,
Vanilla Wafers,
Tea Biscuit,
This Biscuit,
Picnic Lunch,
H. M. Sugar Wafers,
Nemo Sugar Wafers,
Oyster Crackers,
Kenwood Sugar Wafers,
Snowflake Wafers,

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Assorted Figs,
Charlotte Russe,
Cherry Tarts,
Chocolate Creams,
Nut Fingers,
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Marshmallows,
Drops,
Creole Tarts,
Lemon Crisps,
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Fig Sandwich,
Frosted Creams,
Ginger Cookies,
Gonic Mix,
Hearts assorted,
Honey Fingers,
Honey Jumbles,
Lemon Round,
Newsboy,
Nut Creams,
Chocolate Flakes,
Chocolate Beauties,
Chocolate Coco Fingers,
Dainty Marshmallows,
Dandy Mix,
Honey Queen,
Peanut Wafers,
Princess Mix,
Three-of-a-Kind,
Tea Mix,
Vulcan Assorted,
White House,
M. M. Fruit Bars,
Kaylolak Creme Sandwich.

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or 1 quart; 4 cups liquid equal 1 quart; 2 cups solid butter equal 1 pound; ½ cup butter equals ¼ pound; 2 cups granulated sugar equal 1 pound; 2 cups pulverized sugar equal 1⅛ pounds; 3 cups meal equal 1 pound; 4 tablespoonfuls of liquid equal 1 wineglass, ½ gill or ¼ cup; 2 gills equal 1 cup or ½ pint; 2 cups equal 1 pint; 1 pint of milk or water equals 1 pound; 1 pint chopped meat packed solidly equals 1 pound; 1 round tablespoonful of butter equals 1 ounce; 1 heaping tablespoonful of butter equals 2 ounces or ¼ cup; 9 large eggs or 10 medium eggs equal 1 pound; 2 round tablespoonfuls flour equal 1 ounce; 1 heaping tablespoonful of sugar equals 1 ounce; 2 round tablespoonfuls powdered sugar equal 1 ounce; 2 round tablespoonfuls coffee equal 1 ounce; 1 tablespoonful liquid equals ½ ounce.

Proportion Table.

Two rounding or 4 even teaspoonfuls baking powder to 1 quart flour; 1 teaspoonful extract to 1 quart custard; 1 teaspoonful soda to 1 pint sour milk; 1 teaspoonful soda to 1 cup molasses; 1 even teaspoonful soda and 2 full teaspoonfuls cream tartar to 1 quart flour; ½ cup of yeast or ¼ of compressed yeast cake to 1 pint of liquid; 1 scant measure of liquid to 3 full of flour for bread; 1 measure of liquid to 1½ of flour for muffins; 1 scant measure of liquid to 1 full of flour for batter; 1 saltspoonful of salt to 1 quart of milk for custard; 1 saltspoonful of salt to 1 loaf of sponge cake; 1 saltspoonful of white pepper to 1 quart of soup stock; 1 teaspoonful mixed herbs to 1 quart soup stock; 1 teaspoonful of salt to 1 quart soup stock or 2 quarts of flour; 1 teaspoonful extract to 1 loaf of plain cake; 1 saltspoonful of spice to 1 loaf of plain cake; 1 tablespoonful each chopped vegetables to 1 quart of soup stock; a pinch of salt or spice is about a saltspoonful.

DIGESTIVE PROPERTIES OF EVERYDAY EATABLES.

Roast meats are not so easily digested as boiled meats.

New wheat bread is heavier than stale bread.

Most ripe fruit is readily digested.

Fish is more readily digested than the white meat of fowls.

Liquid and semi-liquid dishes are more digestible than solids.

Eggs very slightly cooked and milk are easily digested, as well as very nutritious.

The flesh of shellfish and crustaceans is difficult of digestion.

A ripe cheese, while indigestible itself, aids in the digestion of other food.

HOW TO COOK THINGS.

Breads, Biscuits, Rolls, Griddle Cakes, Etc.

Southern Biscuit.

Sift one quart of Town Talk Flour, one teaspoonful of salt and one teaspoonful of soda together, then rub in a heaping tablespoonful of lard, add sufficient buttermilk to make a dough just stiff enough to be easily handled. Roll the dough half inch thick, cut out with a tin and bake quick in a hot oven.

Tea Biscuit.

Sift one quart of Town Talk Flour with one teaspoonful of salt and three rounding teaspoonfuls of baking powder; into this rub one large tablespoonful lard or butter until it is of the consistency of corn meal; then add enough sweet milk to make a dough easily handled; roll and cut out; place in a greased pan and bake for fifteen minutes in a hot oven. Take out, brush lightly with yolk of egg and milk; return to oven to glaze.

Parker House Rolls.

Take two pounds of Town Talk Flour, two heaping teaspoonfuls pure cream of tartar, one heaping teaspoon-

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HEALTHFUL—
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Not an imitation.

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DYSPEPTICS
find it beneficial.

SLEEP PRODUCING—
Because soothing to digestive organs.

FOUNDATION OF PEPSIN—
Recommended by physicians.

RELIEVES FATIGUE
—but doesn't create false stimulation.

INVIGORATING—
No after effects.

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Therefore harmless.

ful of soda, one heaping teaspoonful salt, all sifted together three times; then add two heaping teaspoonfuls sugar. Rub into the above dry (like tea biscuit) five ounces butter or lard, which must be hard. Add one or two eggs and one and a half pints sweet milk and work into a light dough. Do not work more than necessary for the dough to hold together. Roll out at once half inch thick and cut out with a large round cutter. Wash the edges with melted butter and double over like turnovers. Let them stand a few minutes. Wash with egg and bake in a hot oven.

Yeast Bread and Rolls.

Make sponge with one cup warm water, one cup milk and a scant quart of Town Talk Flour and one cake compressed yeast dissolved in one-half cup water. Cover and raise in a warm place. When light stir well, add two teaspoons salt and sugar, if desired. Beat in flour until stiff enough to knead; then knead until smooth. Raise again, form into two loaves. Raise and bake about three-quarters of an hour. For rolls make sponge with scalded milk, slightly cooled and add shortening; raise kneaded dough twice before shaping. Brush rolls with melted butter, raise very light and bake in hot oven. Shape bread sticks with hands and bake crisp.

Salt Rising Bread.

One pint of new milk, corn meal to thicken; one gallon Town Talk Flour, one tablespoonful sugar, one teaspoonful salt, pinch soda.

Set the milk on the fire and stir in corn meal to make as thick as mush. Set in a warm place all night. In the morning it will be light. Put the flour in a bowl, pour in the mush and mix with warm milk and water, equal parts; add the sugar, salt and soda. Make a stiff batter, cover and keep warm. In an hour it will be light. Work in flour to make a stiff dough; let it rise, mold in loaves, put in greased pans, let it rise and bake. This makes the sweetest and most wholesome bread a family can use.

Graham Bread.

Dissolve one cake compressed yeast in one-fourth cup water. Make a matter with a scant quart of warm water, a pint of Town Talk Flour and a quart of graham (each

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being sifted before measuring). Add half a cup of brown sugar and the yeast and beat hard until smooth. Cover well and let raise until double its bulk. Beat again, add two scant teaspoons salt and pour batter in well greased pans. Cover again, raise to not quite twice its size and bake in a moderate oven almost an hour. This may also be baked as muffins if desired.

Whole Wheat Bread.

Soften one cake of compressed yeast in one-fourth cup of water. Sift a scant quart of whole wheat flour into a bowl, with two teaspoons of salt and one-fourth cup of sugar and make into a batter with a pint of warm milk and the yeast. Beat well and work in sifted flour until the bread can be handled lightly on the board. Place in greased bowl, cover well and raise in a warm place. Shape in two small loaves when light and bake in a moderate oven about forty-five minutes, brushing with soft butter just before placing them in the oven. For nut loaves, a cup and a half of pecans and English walnuts may be added with the flour.

Sally Lunn.

Sift together one pint of Town Talk Flour, two tablespoonfuls of sugar and a little salt. Warm a scant cup of milk and melt in this three tablespoonfuls of butter. Stir into the flour, adding also a half cake of compressed yeast dissolved in a little lukewarm water. Beat well, add one egg yolk and white beaten separately. Pour all into buttered cake pan and let raise until double its bulk, about two hours. Sprinkle lightly with granulated sugar and bake in a moderately hot oven. Serve warm, cut into squares. If set over night for breakfast, only one-fourth as much yeast is required.

Boston Brown Bread.

Sift together one cup each of rye meal, corn meal and whole wheat flour (or one and one-half cups each of graham and corn meal may be used), with one and one-half teaspoons soda and a teaspoon of salt. Add three-fourths of a cup of molasses, a pint of sour milk and steam from one to three hours, according to size of molds used.

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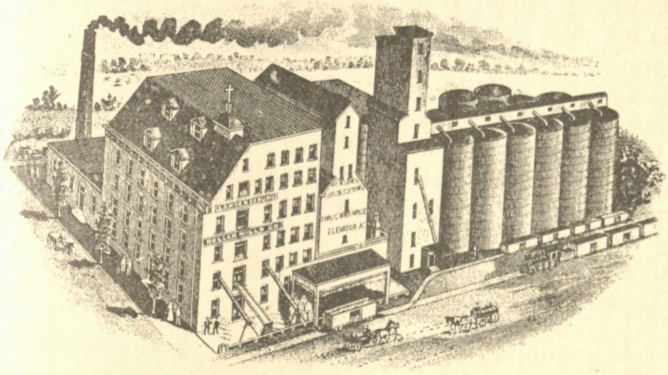

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LAWRENCEBURG ROLLER MILLS COMPANY

LAWRENCEBURG, IND.

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Egg Bread.

Two eggs well beaten, two cups sour milk, one smooth teaspoonful soda, one small handful of corn meal, lard size of a small egg, melted and add to batter, a little salt. Bake in a hot oven.

Buttermilk Muffins.

Take one quart of buttermilk, two eggs, one teaspoonful of soda dissolved in warm water, one teaspoonful of salt, Town Talk Flour to make a good batter. Beat the eggs well and stir them into the milk, beating hard all the while; add the flour and salt and at last the soda. Corn meal may be substituted for the flour.

Corn Meal Batter Cakes.

Take one pint corn meal, three-fourths pint sour milk, one teaspoon nearly full of soda, stir in milk till it foams; two eggs beaten separately, salt to taste. A tablespoonful of Town Talk Flour added to the meal is an improvement. Have the griddle hot and well greased.

Waffles.

Take one quart of Town Talk Flour, three eggs beaten separately, a piece of lard the size of an egg, half teaspoonful of soda, a little salt, mix with enough sour cream to make a thin batter. Beat thoroughly before putting in the irons.

Buckwheat Cakes.

Mix three tablespoonfuls of molasses with one quart buttermilk and two beaten eggs. Then add, stirring in slowly, enough buckwheat flour to make a smooth batter and one handful of corn meal well mixed with one large teaspoonful of soda. Salt to taste. Cook at once.

Griddle Cakes.

Sift a teaspoonful of soda, half teaspoonful of salt and two cupfuls of Town Talk Flour together; stir into the mixture two scant cupfuls of sour milk and two well beaten eggs; make a smooth batter and bake on a well greased hot griddle. Serve at once.

Flannel Cakes.

Sift together one and one-half pints of Town Talk

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GROCERIES

Flour, one tablespoonful of brown sugar, two teaspoonfuls baking powder and one teaspoonful of salt. Add two beaten eggs and one and one-half pints milk and beat into a smooth, thin batter. Bake on a hot griddle to a rich brown color and serve with maple syrup. These should never be larger than a tea saucer.

The Cooking of Meats, Steaks, Roasts, Fish, Fowls, Etc.

If your husband is a normal, red-blooded, hearty, healthy man, you will find that after rubbing up against the jagged edges of a close-fisted, miserly old business world all day, the best prescription for smoothing the wrinkles from his brow, bringing back the sparkle to his eye and attuning the strings of his heart to give forth sweet melodies, is as follows:

One rich, rare, juicy beefsteak, one and one-half inches thick; 1 bowl of brown mushroom gravy; 1 dish of French fried potatoes; 1 asparagus omelette; 1 plate of hot Southern biscuit; 1 pot of fragrant coffee.

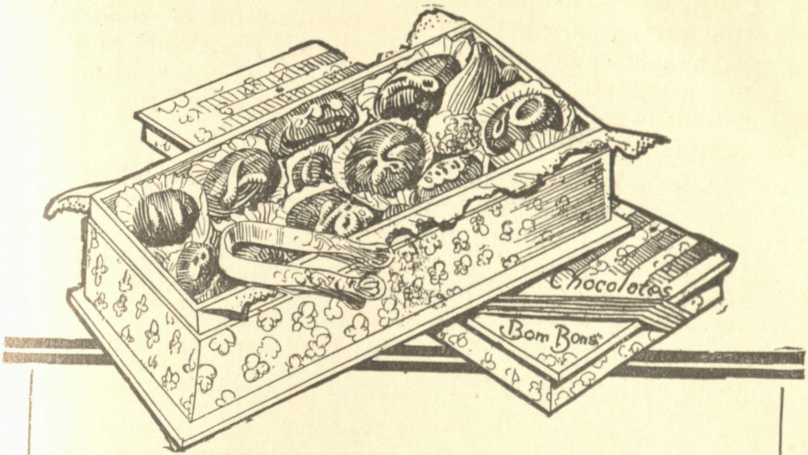
If he doesn't mention the theater after this, his case is hopeless.

Beefsteak, Broiled.

Take a T-bone steak, one and one-half inches thick, with a large tenderloin in it. Trim away the fat on the inner edge of the steak until it is not more than one inch wide. Have a steel fry pan just hot enough not to show red, and into this put half dozen very thin strips of breakfast bacon, which will cook in one minute, when it is removed and the steak put in. As soon as the steak is crisped upon one side it should be turned and crisped on the other, the process of turning being frequently repeated until the steak is as well done as desired. For a rare steak, the two sides should be crisped as quickly as possible, then cover for half a minute to heat the steak through. The strips of bacon should be placed on the platter with the steak and the whole garnished with parsley, with a few thin slices of lemon around the edges of the platter.

Another Broiled Steak.

Select thick, fat steak, trim edges and remove bone, if large. Skewer into shape and sear the surface of the meat quickly. Finish broiling more slowly, allowing eight



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to ten minutes for steak one inch thick. Place on warm platter, pour over part of fat, season, garnish and serve. A mushroom sauce may be served with the steak, or the sauce Bearnaise.

Brown Mushroom Sauce.

Melt two tablespoons butter in frying pan and add one tablespoonful minced onion and cook slowly ten minutes. Add one pint of mushrooms, peeled and cut in small pieces, and cook ten minutes. Then add two tablespoons of Town Talk Flour and brown lightly. Pour in one and one-half cups stock or water (or liquor from can, if canned mushrooms are used), and when smooth, season well with salt and pepper.

Bearnaise Sauce.

Put one tablespoon of butter in a small saucepan with the yolks of two eggs and two tablespoons of vinegar or lemon juice. Set this into boiling water and stir until it thickens; add another tablespoon of butter; continue the stirring and add a third spoon. Season with salt and cayenne, add a teaspoon of minced parsley and tarragon if obtainable. Tarragon vinegar may be used if desired, also onion juice added.

Baked Beef.

Select a good rib, put in pan, dust with pepper, cover the bottom of the pan with boiling water, run the meat in a very hot oven and cook quickly until the outside is thoroughly seared; by this time the bottom of the pan will be covered with fat of the meat. Begin basting and reduce the heat of the oven and cook fifteen minutes to each pound of beef. This recipe will answer for all meats that are baked.

Roast of Beef.

Select choice rib roast and remove small end of bone, to use as short ribs or for stock, leaving a standing roast. Score the edges of meat with a sharp knife and place on rack in open pan. Sear the meat well under gas flame. Reduce heat when meat is crisp. Season well and finish cooking in upper oven, basting meat often with fat in the pan. Should there not be enough fat for this purpose, boiling water may be added. Turn flame out ten minutes

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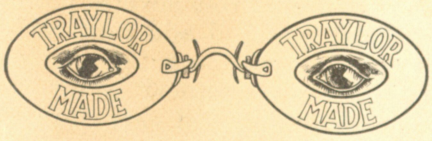

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before roast is done and make a gravy of four tablespoons each of meat fat and Town Talk Flour and a pint of stock (or boiling water). Season well, add kitchen bouquet to color and flavor, and strain before serving.

Meat cooked in this fashion is more like the roasts prepared over an open fire, and no such flavor or juiciness may be obtained by baking in a coal or wood oven.

Stuffed Leg of Lamb.

Prepare a dressing by moistening two cups of bread crumbs (from inside of loaf) with one-half cup of melted butter. Season with salt, pepper and thyme or sweet marjaram, with a little onion if desired. Add a very little water and place the meat in, skewering the ends into shape. Have oven very hot and place meat in pan, adding neither water nor seasoning until the meat is seared over. Then reduce the heat, dredge meat lightly with Town Talk Flour and the seasonings and pour one cup of boiling water in the pan. Baste the meat with this every ten or fifteen minutes (unless a covered roasting pan is used) and roast about an hour and a half, if weighing five pounds. Serve with a brown sauce made of four tablespoons of Town Talk Flour and the drippings in the pan, with a pint of stock made by cooking the bones in water very slowly until it is well flavored.

Browned Veal, Tomato Sauce.

Remove the bone and skin from two pounds of veal and cut into pieces for serving. Roll these pieces into seasoned Town Talk Flour and fry brown in the fat which has been tried out from several pieces of fat pork. Remove meat from pan and add four tablespoonfuls of Town Talk Flour to remaining fat and brown slightly, then add gradually the strained liquor from a can of tomatoes, a slice of onion and carrot, two or three bay leaves and a bit of mace. Return meat to sauce, cover and simmer until meat is tender, the time depending upon cut of meat, and strain the gravy over meat, adding pepper and salt, if necessary. This may be cooked in the oven if more convenient and stock or water substituted for the tomato.

Veal Loaf With Mushrooms.

Run two pounds of veal through the chopper twice

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with half a pound of fresh pork. Soften one cup of stale bread in milk and add to the meat with half a cup of chopped mushrooms, the juice of one lemon and a little grated rind, half a saltspoonful of nutmeg and salt and pepper. Add two beaten eggs and when thoroughly mixed shape into a long roll and place in shallow pan. Dredge with Town Talk Flour, pour around the loaf the liquor from the can of mushrooms and baste with this during the cooking. Bake about half an hour, then thicken the sauce with two tablespoons each of butter and Town Talk Flour rubbed together, season well, add the balance of mushrooms (chopped) and pour around the roll in serving platter. Canned tomatoes may be substituted for the mushrooms.

Broiled Sweetbreads.

Clean and boil two pairs of sweetbreads and chill thoroughly. Cut them in halves lengthwise and dip in melted butter seasoned with salt, pepper and lemon juice. Broil quickly on each side and place on crisp slices of toast, adding bits of butter and a little rich stock before serving.

Baked Pork and Beans.

Soak one quart of pea beans in cold water over night. In the morning put them into fresh cold water and simmer until soft enough to pierce with a pin, being careful not to let them boil enough to break. If you like, boil one onion with them. When soft turn them into a colander and pour cold water through them. Place with the onion in a bean pot. Pour boiling water over one-quarter of a pound of salt pork, part fat and part lean, scrape the rind till white. Cut the rind into half-inch strips, bury the pork in the beans, leaving only the rind exposed. Mix one teaspoonful of salt and one teaspoonful of mustard with one-quarter of a cup of molasses. Fill the cup with hot water and when well mixed, pour it over the beans, adding enough water to cover them. Keep them covered with water until the last hour, then lift the pork to the surface and let it crisp. Bake eight hours in a moderate oven. Much of the excellence of baked beans depends upon the bean pot. It should be earthen, with a narrow mouth and bulging sides. This shape is seldom found outside New England and is said to have been modeled after the Assyrian pots.

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Broiled Chicken.

Prepare young chicken for broiling and spread lightly with soft butter mixed with salt, pepper and a little lemon juice. Cook slowly under the gas flame for twenty minutes, basting and turning once, then increase the heat and brown well. Place on hot platter, spread with soft butter, paprika and parsley and serve. If chicken be large, it is well to do the first part of the cooking in the upper oven.

Fried Chicken.

Cut the chicken into six or eight pieces. Season well with salt and pepper. Dip in beaten egg and then in fine bread crumbs, in which there is one teaspoonful of chopped parsley for every cupful of crumbs. Dip again in the egg and crumbs. Fry ten minutes in boiling fat. Cover the center of a cold dish with tartare sauce. Arrange the chicken on this and garnish with a border of pickled beets, or it can be served with cream sauce.

Roast Turkey with Chestnut Stuffing.

Dress, clean, stuff and truss a ten-pound turkey. Place on dripping pan, rub over with salt and spread breast, legs and wings with one-third of a cup of butter worked until creamy and mixed with one-quarter cup of Town Talk Flour. Place in a hot oven and as soon as turkey begins to brown, baste with one-half cup butter melted in one-half cup boiling water, and continue the basting every fifteen minutes, using the fat in the pan. Bake three hours, turning frequently that the bird may brown evenly.

Chestnut Stuffing.

Throw fifty large chestnuts into boiling water for a few minutes, then take them up and rub off the thin dark skin. Cook in boiling salted water until soft. Drain and force through a potato ricer. Add one-quarter cup of butter, one teaspoonful of salt, one-eighth of a teaspoonful of pepper and a quarter of a cup of cream. Melt the butter and add one cup of cracker crumbs and mix all together. Stuff in the turkey with this.

Roast Goose.

Stuff the goose with a potato dressing made in the following manner: Six potatoes boiled, pared and mashed fine and light, one tablespoonful of salt, one teaspoonful of pepper, one spoonful of sage, two tablespoonfuls of onion juice, two of butter. Truss and dredge well with salt, pepper and Town Talk Flour. Roast (if the bird weighs eight pounds) one hour and a quarter. Goose is so fat that no butter is required. Serve with apple sauce. Many people boil the goose half an hour before roasting to take away the strong flavor.

Mutton Chops.

Sprinkle the chops with salt, pepper and Town Talk Flour. Put them in a double broiler and broil over or before the fire for eight minutes. Serve on a hot dish with butter, salt and pepper or tomato sauce. The fire for chops should not be as hot as for steak. Chops can be seasoned with salt and pepper, wrapped in buttered paper and broiled ten minutes over a hot fire.

Boiled Ham.

The best ham for boiling is of the country cured variety which has been well seasoned with smoke from hickory wood and should weigh from twelve to fourteen pounds. Hams cured in this way are better when one to two years old. Soak overnight in cold water, put on to boil in fresh cold water in kettle or pot large enough to admit of its being covered up. When the water comes to a boil, add half a pint of old port wine and cook very gently till skin will peel off. After peeling, stick spice cloves all about over the fat of the ham, sprinkle heavily with brown sugar, cracker crumbs and black pepper and brown in oven.

Bacon Fraze.

Beat four eggs into a batter with one-half teacupful cream and a teaspoonful of Town Talk Flour, fry thin slices of bacon and dip them in the batter. Lay the bacon in a frying pan with heated cooking oil or fat, pour the batter over it, and when both sides are well browned lay on a heated dish and serve hot. An appetizing breakfast dish.

Roast Quail With Bread Sauce.

Peel and slice an onion and put it over the fire in a pint

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of milk. Pluck and singe half a dozen quail. Draw them without breaking the intestines, cut off the heads and feet and wipe them with a wet towel. Rub them all over with butter, season them with pepper and salt and roast them before a very hot fire for fifteen minutes, basting them three or four times with butter. Have some slices of toast laid under them to catch the drippings. While the birds are roasting, make a bread sauce as follows: Roll a pint bowlful of dry bread and sift the crumbs; use the finest ones for the sauce and the largest ones for frying later. Remove the onion from the milk in which it has been boiling, stir into the milk the finest portions of the crumbs, season it with a saltspoon of white pepper and a dash of nutmeg grated. Stir in a tablespoonful of butter and stir the sauce until it is smooth, then place the saucepan containing it in a pan of boiling water to keep it hot. Put two tablespoonfuls of butter over the fire in a frying pan and when it is hot put into it the coarse half of the crumbs, dust them with cayenne pepper and stir them until they are light brown, then at once put them on a hot dish, putting the bread sauce into a gravy boat when ready to send to the table. Arrange to have the fried bread crumbs, sauce and quail done at the same time, serve the birds on the toast which has been laid under them. In serving the quail at table, lay each bird on a hot plate, pour over it a large spoonful of the bread sauce and on that place a spoonful of the fried bread crumbs.

Fried Oysters.

Oysters for frying should be large and plump. Spread them on a towel to drain, and after seasoning with salt and pepper, roll in fine dry bread crumbs or cornmeal. Dip them in beaten egg and again roll in plenty of crumbs. Have the frying fat about four inches deep in the frying kettle and very hot. Cover the bottom of the frying basket with one layer of breaded oysters, plunge into the fat and cook one and a half minutes. Drain and serve immediately. For a dozen and a half oysters, there will be required two eggs, one pint of bread crumbs, quarter teaspoon of pepper and one level tablespoon of salt. Use half the salt and pepper to season the oysters and the rest for the crumbs If the flavor be liked, two tablespoonfuls of tomato catsup may be mixed with the egg.

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Scalloped Oysters.

Crush and roll several handfuls of Boston or other friable crackers. Put a layer in the bottom of a buttered pudding dish. Wet this with a mixture of the oyster liquor and milk slightly warmed. Next have a layer of oysters. Sprinkle with salt and pepper and lay small bits of butter upon them Then another layer of moistened crumbs, and so on until the dish is full. Let the top layer be of crumbs thicker than the rest and beat an egg into the milk you pour over them. Stick bits of butter thickly over it, cover the dish, set in the oven, bake half an hour. If the dish be large, remove the cover and brown by setting it upon the upper grating of the oven.

Oyster Croquettes.

Scald and chop fine the hard part of the oysters (leaving the other part of the oysters and liquor for soup); add an equal weight of mashed potatoes. To one pound of this add three level teaspoonfuls of butter, a teaspoonful of salt, one-half teaspoonful of pepper and one-quarter cup of cream. Make in small cakes, dip in egg, then in bread crumbs and fry in hot fat like doughnuts.

Deviled Crabs.

One dozen nice, heavy crabs, one-half pint cream, two tablespoons of Town Talk Flour, one-quarter grated nutmeg, four egg yolks boiled hard; one tablespoonful each of salt, butter and chopped parsley; salt and cayenne to taste. Put the crabs in warm water, add the salt and put the kettle over a brisk fire. Boil thirty minutes. Take up and drain, break off all claws, separate the shells, remove the spongy fingers and the stomach, which is found under the head. Pick out all the meat. Put the cream on to boil, rub butter and flour together and add to the boiling cream; stir and cook two minutes. Take from the fire, add the crab meat, the egg yolks mashed fine, parsley, nutmeg, salt and cayenne. Clear the upper shells of the crabs, fill them with the mixture, brush over with beaten egg, cover with bread crumbs and put in a quick oven to brown.

Creamed Codfish.

Soak the fish three hours, then boil in fresh water until

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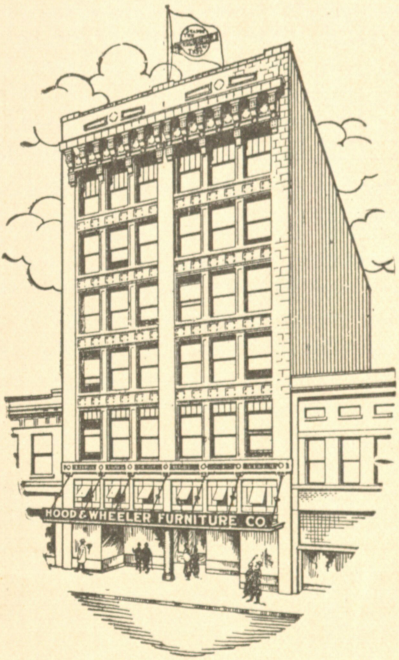

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tender, then pick out all the bones. To cream it for breakfast, take one pint of milk and bring to the boiling point. Thicken with a tablespoonful of cornstarch, dissolved in a little water. Add a spoonful of butter and stir in the fish—not less than a large cupful. Add two well-beaten eggs, let them cook a moment and serve hot.

Oyster Stew.

Take the oysters with their liquor, adding a little water if not sufficient liquor. One tablespoonful of butter, pepper and salt to taste. Cover the stewpan, place on the fire and remove as soon as it boils. If milk is desired, the bottom of the soup plates should simply be covered with cold milk, then serve the stew.

Broiled Lobster.

First remove stomach and intestinal vein (the only uneatable parts of a lobster). Split the meat of the tail and claws. Season, cover with butter and dredge with Town Talk Flour all the meat and broil over a hot fire until light brown. Serve with Bechamel sauce (omitting cheese); or broil in the shell, dividing tail and claws into two parts, and broiling in half shell—on meat side eight minutes, on shell side ten.

Barbecue of Mackerel.

Scale and wash a fresh mackerel of medium size. Split it down the back, take out the backbone, lay the fish skin down in the pan just large enough to hold it. Sprinkle it with two saltspoonfuls of salt and quarter of a saltspoonful of pepper; lay on it two tablespoonfuls of butter and set in front of a clear fire where no ashes can fall on it. Let it brown, basting it every two minutes with the butter, which will melt and run into the pan. As soon as it is brown, set the pan over the fire for five minutes and then put the fish in a large, deep platter and keep it hot. Stir into the pan in which it browned a tablespoonful of Town Talk Flour and set over the fire to brown. As soon as it is brown, stir in a pint of boiling water, a saltspoon of salt and a quarter saltspoonful of pepper and let it boil two minutes, stirring it constantly. Then pour this sauce over the fish and serve it hot.

Planked Shad.

The plank should be about fourteen inches long, twelve

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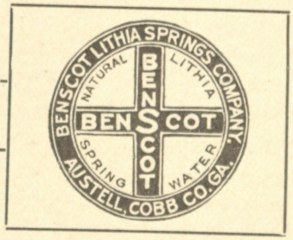

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inches wide and made of hardwood—either oak, hickory or ash. Select a shad fresh from the water, scale it, split it down the back, clean, wash well in cold water and immediately dry. Dredge with salt and pepper. Place the plank in the very bottom of the gas stove under the gas lights to heat, or in a coal oven, near the top of the oven. When it is very hot, put on the shad, skin side down, brush with melted butter, put into the oven under the gas lights, cook quickly for fifteen minutes. Have ready about two quarts of mashed potatoes, add to them a half-pint of boiling milk, a teaspoon of salt and a saltspoonful of pepper; beat until very light, put the potatoes in a pastry bag. Remove the fish from the oven, decorate with the mashed potatoes, brush again with melted butter and put back in the oven for five minutes longer. Rub together a tablespoonful of butter, a tablespoonful of lemon juice and a tablespoonful of chopped parsley. Spread this over the fish, garnish with lemon and parsley and send to the table.

White fish may be planked in precisely the same way.

Fried Fish.

Fry smelts, perch, trout, butter fish and other small pan fish whole. Cut large fish in inch-thick slices and two or three inches square. Flounders and bass, strip off the flesh each side the bone in long fillets, divide in halves and roll up toward the tip. Remove skin and bones as much as possible from sliced fish, wipe dry, roll in bread crumbs or fine meal, then in beaten egg and then in crumbs and fry in deep fat.

Broiled Fish.

The best method for mackerel, white fish, small blue fish and shad is broiling. Clean, wipe, split down the back, lay in greased wire broiler (kept only for fish) and cook flesh side first over hot coals till brown. Turn the broiler and cook skin side until crisp. Slide out on platter, season with salt, pepper, butter and lemon juice. To broil under gas lay the broiler over a pan to catch the dripping fat and keep this pan only for fish.

Brain Fritters.

After washing and ridding the brains of fiber and skin, drop them into boiling water and cook gently for fifteen

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minutes, then throw into ice cold water. When they are stiff and white, wipe and mash them to a batter with a wooden spoon, seasoning with salt and pepper. Beat into this an egg, half a cup of milk and two or three tablespoonfuls of prepared Town Talk Flour. Drop in hot fat by the tablespoonful, fry quickly, shake in a heated colander to free them of fat and serve very hot.

Creole Hash.

Put through chopper six raw potatoes, two onions, three or four green peppers and two large tomatoes. Melt four tablespoonfuls butter in frying pan, add the vegetables and cook until potatoes are nearly done. Keep covered and stir frequently and add a little stock or water as it becomes dry. Now add two cups chopped meat—cold roast beef preferred—and season well with salt and Worcestershire sauce. Serve very hot with points of toast.

Deutsche Beefsteaks.

(Hamburger.)

Chop one pound of lean beefsteak, two ounces of suet and one medium-sized onion with a meat chopper. Season with salt, black pepper and cayenne, form into four flattened meat balls and fry about one minute on each side until both sides are brown. When the steaks are taken out, add a little water to the sauce and thicken with Town Talk Flour. Half a teasoopnful of beef extract will strengthen it. Pour the whole over the beefsteaks, which have been laid on a hot platter.

Chile Sauce

Cut up fine one pound of beef and one medium-sized onion; fry for a little while in hot lard, then add salt, one green sweet pepper and two tablespoonfuls of chile powder. Add ripe tomatoes and a little water and boil slowly until done. A few bay leaves may also be added and Town Talk Flour to thicken gravy. It is customary to serve frijoles (Bayo beans) in equal parts with chile con carne, and they are prepared as follows: Soak the beans over night in cold water, to which a little baking soda has been added. Drain, boil in fresh water with a little lard or piece of bacon, seasoning with salt.

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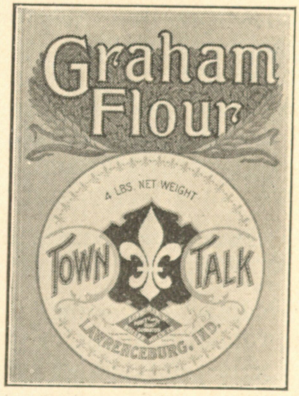

Chile Sauce.

May be made of any ordinary brown gravy by adding to each pint of gravy one teaspoonful of chile powder and a little onion juice.

Tamales.

Chop fine one pound of beef; add a little chopped tallow or a tablespoonful of lard and a little salt. Fry in pan until tender, chop again very fine, return to pan; add a little warm water and one teaspoonful of chile powder. Stir and fry for ten minutes. Sauce left from above can be used to prepare dough with. To prepare the dough, add to one quart of cornmeal two tablespoonfuls of salt, two tablespoonfuls lard and boiling water to make a thick dough. To prepare the corn husk, cut off with the scissors about one inch of the stalk end and boil ten minutes; dry and rub over with a cloth dipped in hot lard. Put a layer of dough on the husk about four inches long, one and one-half inches wide, one-quarter inch thick. Along the center spread two teaspoonfuls of the prepared meat, roll the whole like a cigarette and fold the small end of the husk. Place them with the folded end down in a potato strainer, place the strainer in a pot over water, cover the whole with cloth and steam for two hours. The above should make about fifty tamales.

Creamed Macaroni.

Make a white sauce with two tablespoons each of butter and Town Talk Flour and one cup of milk. Season with half a teaspoon each of mustard and salt, also a little paprika, and add a cup of grated cheese. When sauce is thoroughly heated add the cooked macaroni and the yolk of one egg mixed with a little cream. If preferred, the whole may be placed in a baker and browned in a hot oven.

Macaroni or Spaghetti.

Break into half-inch bits, cook in boiling salted water until tender, drain, reheat in stock, or strained tomato, or milk. Season with salt, pepper and butter or cream, and when serving cover with grated cheese, or after boiling moisten with tomato sauce, add cheese in layers, cover with buttered crumbs and bake twenty minutes.

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Welsh Rarebit.

Heat and stir minced or grated cheese in pan over boiling water or in chafing dish. Add for each half pound of cheese one-fourth level teaspoon dry mustard, a dash of salt and pepper, and as it melts add about one-fourth cup cream, ale or beer to dilute and one teaspoon of any preferred table sauce. When blended, serve at once on toast, wafers, plain bread, hot rice or baked potatoes. If milk is used, it may be necessary to add an egg to blend the milk with the cheese. A few drops of tabasco will add to the appetizing flavor.

Chicken Saute, Mexican.

Cut a chicken into six pieces—two wings, two legs and two pieces of breast. Fry them in butter with one medium-sized chopped onion. Season with salt, pepper and tabasco sauce and let cook twenty minutes. Add three peeled tomatoes cut into quarters, one dozen minced mushrooms, two minced sweet peppers, a gill of white wine. Let simmer for fifteen minutes longer. Dress chicken with above, garnishing in a border of rice.

SAUCES FOR FISH AND MEATS.

Beurre Noir.

Two tablespoons butter, one of vinegar, one of chopped parsley, one teaspoon of lemon juice, one-half teaspoon of salt, one-half teaspoon of tabasco sauce. Put the butter in a frying pan and when very hot add the other ingredients. Let it come to a boil and remove from fire. This sauce is for fried and broiled fish and should be poured over the fish before sending to the table.

Plain White Sauce.

In a granite saucepan melt and mix one rounded tablespoon each of butter and Town Talk Flour and one-fourth to one-half teaspoon salt. Add gradually one cup of hot water or milk, or stock from oysters, white fish or meats. Stir till smooth. This sauce may be used as it is for toast.

For meat and fish, add lemon juice, cayenne, capers, bits of oysters or cooked celery and a few drops of onion juice.

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For vegetables, add pepper or minced sweet pepper or parsley, and for cauliflower add grated cheese or lemon juice.

For picked-up codfish or chipped beef, use the sauce plain, adding one egg just before serving.

Tomato Sauce.

For Chops, Fish, Macaroni, Etc.

Cook one rounded tablespoon minced onion in one tablespoon butter till only slightly colored. Add, if liked, the same amount of minced sweet pepper, celery or parsley, carrot or turnip, stir in one rounded tablespoon of Town Talk Flour and one-fourth level teaspoon salt; add gradually from one to one and one-half cups of strained hot tomato or any left-over stewed tomato if unsweetened. Strain before serving if desired smooth.

Brown Sauce.

This is called brown gravy when made in the roasting pan from the fat or dripping of meat with simple seasoning of salt and pepper, and brown sauce, when made in a frying pan with butter and brown stock and seasoned highly. For special dishes, when the baking pan has not furnished the starting point of glaze and brown fat, melt in an iron pan one rounded tablespoon of butter or any fat of meat you are preparing. Let it brown; add one rounded tablespoon of Town Talk Flour or cornstarch dissolved in a little water. Stir till very brown. Add gradually one cup of hot stock. Add more hot water if too thick or boil down if too thin. Season with salt, pepper and lemon juice and add mushrooms, catsup, horseradish, currant jelly or any other condiment which will blend with the meat.

Horseradish Sauce, Creamed.

Usually served with hot boiled corned beef or cold roast beef. Add the yolk of one egg to six tablespoons of grated horseradish. If the horseradish has been in vinegar, press it dry. Add a saltspoon of salt and fold in six tablespoons of thick cream whipped to a stiff froth. Serve at once.

Maitre d'Hotel Sauce.

Add to one teacup of fresh made drawn butter the juice

of one small lemon, chopped parsley, minced onions and thyme, cayenne pepper and salt. Beat while simmering. Serve with meat or fish.

Hollandaise Sauce.

For each pint use one scant tablespoon of butter and one tablespoon of Town Talk Flour. Mix in a saucepan over the fire and gradually add one and a half cups of boiling water. Stir into this the yolks of three eggs, one tablespoon of lemon juice or vinegar, three tablespoonfuls of salad oil and mustard if liked. Serve with fish.

Tartar Sauce.

One egg yolk, one level teaspoon of mustard, dry; one teaspoon salt, cayenne pepper, one gill salad oil, three tablespoonfuls lemon juice or vinegar, one tablespoon each of chopped parsley, capers and gherkins, one teaspoonful chopped onion. Put the yolk of a raw egg in a bowl with the mustard, salt and as much cayenne pepper as can be taken upon the point of a penknife blade. Stir these ingredients with a wooden salad spoon or spatula until they are smooth, then add a few drops of the lemon juice and oil at a time, stirring quickly till it is all in. When the sauce is thick and smooth add the chopped parsley, capers, onions and gherkins. Keep cool until wanted for use.

Mint Sauce.

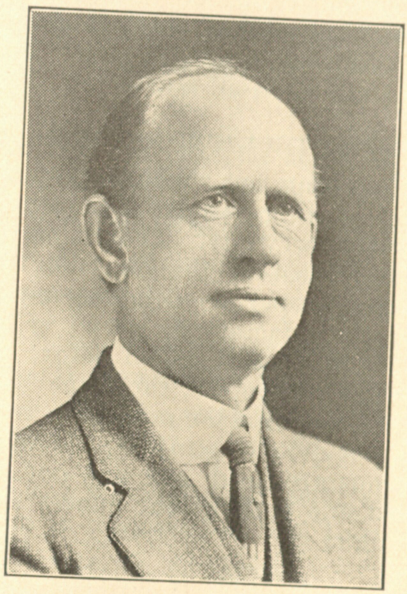
Three tablespoons of vinegar, two tablespoons of mint, one tablespoon of sugar, one tablespoon of salt. Mix ten minutes before using. Serve with spring lamb.

Sauce Piquante.

Take one tablespoonful of chopped parsley and rub it to a paste, then add, gradually, rubbing all the while, the yolks of three hard-boiled eggs; add a quarter of a teaspoonful of dry mustard and a teaspoonful of Worcestershire sauce. Mix until smooth and add a tablespoonful of vinegar, two tablespoonfuls of butter and a teaspoonful of grated onion; then add, gradually, a half pint of boiling stock, season with salt and pepper and serve at once.

Anchovy Sauce.

Four tablespoons butter, three tablespoons Town Talk



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Flour, one pint white stock or water, one-quarter salt-spoonful each white and cayenne pepper, one tablespoon lemon juice, anchovy paste. Put the butter into a stew-pan and place on the fire. When the butter is melted add the flour. Stir until smooth and frothy, cool a little and then add, gradually, one pint of white stock or water. Stir until this boils, then add the white and cayenne pepper, the anchovy butter, lemon juice and salt enough to season the sauce. As the anchovy butter is very salt, care must be taken not to get too much additional salt. This sauce is adapted to all manner of fish dishes.

English Chutney *Sauce.*

Requires no cooking, but should be kept in a crock for ten days before putting away in a convenient place that it may be stirred every day. Then it may be put away for the winter. Most of the ingredients may be put through a meat chopper, so it is an easy sauce to prepare and very satisfactory to serve with meats. All ingredients should be well mixed before placing in the crock. One pound of apples, three-quarters of a pound of raisins, one dozen ripe tomatoes, two red peppers, six small onions, one-quarter cup chopped mint leaves, one ounce white mustard seed, one and one-half quarts of vinegar, boiled and cooled, four ounces salt, one pound granulated sugar.

Cranberry Sauce.

Pick over and wash two quarts of cranberries in plenty of cold water, put them into a porcelain lined saucepan, with a cup of hot water and one pound of sugar and stew them gently until they are tender enough to rub through a sieve; then use them as a sauce for roast pig or turkey or cool the sauce in a jelly mold. If the sauce is cooled in molds wet with cold water it will make a jelly firm enough to turn out in the shape of the molds.

SOUPS.

Consomme.

Four pounds of beef, one ounce suet, one small onion, three quarts cold water, four cloves, one small carrot, a piece of celery, one egg, white. Cut into dice the lean

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beef from the round, put about one ounce of suet and the onion, sliced, into the soup kettle and cook until a good brown, then add the meat, cook without covering thirty minutes, add the cold water, cover the kettle and simmer gently for three hours; at the end of this time add the cloves, carrots, the celery and simmer one hour longer. Strain and stand away to cool. When cold, remove all grease from the surface. Turn the consomme into a kettle, beat the white of egg with a half cupful of cold water, add it to the boiling consomme, boil one minute and strain through a cheese cloth. Season and it is ready to serve. If not dark enough, add a teaspoonful of caramel.

Cream of Tomato Soup.

One quart milk, one pint canned tomatoes, three teaspoons butter, one bay leaf, sprig of parsley, blade of mace, one teaspoon of sugar, one-quarter teaspoon soda, two tablespoons Town Talk Flour.

Put the tomatoes on to stew with the bay leaf, parsley and mace; let them stew fifteen minutes. Put the milk on to boil in a farina boiler. Rub butter and flour together, add to the milk when boiling and stir constantly until it thickens. Now press the tomatoes through a sieve and if ready to use the soup, add the sugar and soda to the tomatoes and then the boiling milk. Stir and serve at once. It must not go on the fire after mixing the milk with the tomatoes, or it will separate.

Vegetable Soup.

One beef shank, one quart peeled tomatoes, one quart butter beans, one quart grated corn, one quart chopped cabbage, one quart sliced potatoes, two large turnips, one carrot, one onion, one tablespoonful Town Talk Flour, one teacupful milk, one tablespoonful sugar.

Put on early in the morning the beef shank; keep boiling until two hours before dinner; skim and strain, add the other ingredients, rubbing the flour in the milk. Season with salt and pepper. Boil one hour and serve.

Bisque of Oysters.

Wash and chop one quart of oysters and heat the liquor. Strain this over the oysters and add a cup of water and a cup of stock (chicken or veal). Season with

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a slice of onion, bay leaf, mace, sprig of parsley and a few stalks of celery and cook all slowly for half an hour. Soften one cup of bread crumbs in one cup of hot milk, add to oyster mixture and rub all through puree sieve. Thicken a pint of cream with two tablespoonfuls each of butter and corn starch, blend the two mixtures, season well with salt and white pepper and serve.

EGGS.

Spanish Omelette.

Beat four eggs together until well mixed and add four tablespoons of warm water, a little salt and pepper. Pour into a hot, well buttered omelette pan and run a spatula under it occasionally while cooking until all is a creamy consistency. Fold over and brown quickly. Turn out on a hot platter and surround with sauce.

Sauce—Melt two tablespoonfuls of butter and add a tablespoon of minced onion and one or two chopped green peppers. Cook slowly five minutes, add pulp from one can tomatoes and cook fifteen minutes. Season highly and serve very hot.

Omelette With Cheese.

Four eggs, one-half cup milk, one teaspoon Town Talk Flour, a little parsley, pepper and salt, one-half teacupful grated cheese, one tablespoon butter. Beat the eggs very light and thin; add the other ingredients. Beat all well together and pour into a pan in which a large tablespoon of butter or cooking oil has been heated. Let it cook to light brown, then fold over and dish for table. Shake the pan while the omelette is cooking. Must be eaten the instant it is removed from pan.

Omelette With Oysters.

Blanch one dozen small Blue Point oysters by bringing them just to the boiling point in their own liquor, seasoned lightly with cayenne, a pinch of salt and a grate of nutmeg; mix an omelette, place over the fire and when it begins to cook at the edges place the oysters, without any liquor, in the center, fold over and serve at once.

Asparagus Omelette.

To four well beaten eggs add a tablespoonful of cream,

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a heaping teaspoonful of butter, season with salt and pepper. Drop in greased pan and when it begins to cook lay a thick row of heated asparagus tips through the center, fold over and serve hot garnished with parsley.

Creamed Eggs.

Eight or ten eggs, one pint milk, butter the size of an egg, one small spoonful cornstarch, a little salt. Boil the eggs hard. Throw into cold water and carefully take off shells. Put into a deep dish and cover with a drawn butter sauce made of the milk, butter, salt and cornstarch.

Stuffed and Breaded Eggs.

Cut six hard boiled eggs into lengthwise and remove the yolks. Mash them fine with one teaspoon soft butter and season well, using a little minced ham if convenient. Fill the whites and press together evenly, skewer with toothpicks, bread them, fry in hot fat and serve plain or with cream sauce.

Luncheon Eggs.

For six persons, prepare a cream sauce with two tablespoons each of butter and Town Talk Flour and three-quarters of a cup of milk and add to this a third of a cup of grated cheese, seasoning with salt and paprika. Pour half of the sauce in a well buttered shallow baking dish and break over this five or six eggs, covering with balance of sauce. Sprinkle the top with cheese and bake quickly till eggs are set. Garnish with quarters of tomatoes and serve hot.

Egg Relish.

One cup bread crumbs, one cup cream, five eggs. When the cream has been absorbed by the bread crumbs and the eggs well beaten, with pepper, salt and a teaspoonful of chopped parsley, fry in well greased pan as an omelette.

Eggs a la Bechamel.

Six eggs, one tablespoonful of Town Talk Flour, one gill cream, one tablespoonful butter, one gill white or veal stock, one egg yolk, salt and pepper to taste. Boil the eggs fifteen minutes; while they are boiling prepare the sauce, as follows: Melt the butter in a frying pan,

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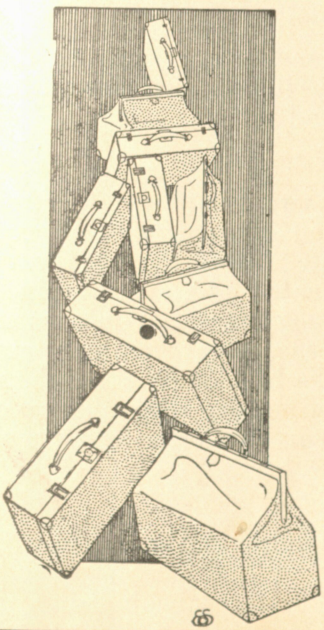

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being careful not to burn it; add to it the flour. Mix until smooth; add the stock and cream and stir continually until it boils; add salt and pepper and stand it over the tea kettle to keep it warm while you shell the eggs. Cut the whites into thin shreds. Chop yolks into tiny squares, then pile them in the center of a shallow heated dish and arrange the whites around them. Give the sauce a stir and pour it around the eggs. Serve very hot.

Rumbled Eggs.

Beat three eggs with two ounces of fresh butter, add a teaspoonful of cream or new milk. Put all in a sauce pan over the fire, stir until it rises up, when it should be immediately dished and served on buttered toast.

Swiss Style.

Cover the bottom of a baking dish with two ounces of fresh butter and on this scatter grated cheese; drop the eggs upon the cheese without breaking the yolks; season to taste. Pour over the eggs a little cream, sprinkle with two ounces grated cheese and place in moderate oven fifteen minutes.

Pickled Eggs.

Have the eggs hard boiled and after removing the shells put them in pickled blood beet juice until the whites become colored, cut lengthwise and serve as a relish.

Cheese Custards.

Six tablespoons grated cheese, two of butter, four eggs, one cup of milk with a teaspoon of cornstarch stirred into it, salt and pepper to taste. Beat the eggs very light and pour upon them the heated milk (with a pinch of soda), having thickened with cornstarch. While warm add butter, pepper, salt and cheese. Beat well and pour into greased custard cups. Bake in a quick oven about fifteen minutes, or until high and brown. Serve at once, as a separate course, with bread and butter, after soup or before dessert.

Shirred Eggs.

The eggs may be beaten thoroughly and seasoned with a little butter, pepper and salt, or they may be broken and dropped whole into a hot, buttered baking dish or individual baking dishes, if preferred.

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Peel the shells from a dozen hard boiled eggs and cut each egg in two around the center, cutting off also a little piece from one end, so that they can stand on end, as did the famous egg which Columbus handled; pulverize the yolks and mix with finely minced chicken, smoked tongue or lean ham, moistening with a little fresh butter or vinegar and seasoning to taste with salt, pepper and mustard. Fill with this the empty white, taking care not to break them; press the two halves together and stand on a platter, so that they will have the appearance of eggs that have not been dissected. The filling which remains over after filling the whites may be made into dressing by the addition of vinegar and poured over the eggs.

To Tell a Good Egg.

In shaking an egg, if it makes a sound, it is not good.

If placed in water, good eggs will lie flat on the bottom and bad ones will stand upright.

The candling process consists in looking through the egg at a light or holding it between you and the sun. If it shows up clear and spotless, so that the yolk may be perceived, it is a good egg; otherwise, it is not.

Omelette That Won't Fall.

To prevent an omelette falling, cook an even tablespoonful of cornstarch with a tablespoonful of butter and use in the making.

POTATOES.

New Potatoes in Cream.

For one and one-half quarts cooked potatoes, make sauce as follows: Melt four tablespoons of butter in a saucepan, add six tablespoons of Town Talk Flour and pour in gradually one pint milk, stirring constantly. When thickened and smooth, season with a teaspoon of salt and paprika or cayenne. Mix gently with the hot potatoes, sprinkle with finely minced parsley and serve.

Potatoes Hollandaise.

Cut potatoes in slices or cubes and cook until tender in stock, if possible. Boiling water may be used instead

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of stock. Drain well and mix with sauce prepared by creaming a third of a cup of butter with a tablespoon each of lemon juice and minced parsley and season with salt and pepper.

Potatoes au Gratin.

For one and one-half quarts cooked and chopped potatoes make sauce as follows: Melt four tablespoons of butter in a saucepan, add six tablespoons of Town Talk Flour and pour in gradually one pint of milk, stirring constantly. When thickened and smooth, season with salt and paprika. Add two-thirds cup of cheese grated, and mix gently with potatoes. Place in baking dish, cover with one-third cup cheese and bake quickly until browned.

Lyonnaise Potatoes.

Chop fine three cups of cold potatoes and put in frying pan with four tablespoons butter and two of minced onion. Cook slowly twenty minutes without browning. Add one tablespoon each of cut parsley and vinegar, season with salt and pepper and serve.

Potatoes O'Brien.

To one quart of chopped cooked potatoes add a tablespoon each of finely minced onion and parsley, two tablespoons of sweet red peppers and a seasoning of salt and pepper. Melt two tablespoons of butter in a frying pan, mix with the potatoes and cook for fifteen minutes, stirring occasionally. Then let them brown lightly and turn out on hot platter, garnish with parsley and serve.

Potatoes Finnegan.

This homely dish is a combination of potatoes, carrots and cream sauce, made in a proportion of a quart of potato cubes, freshly boiled, a cupful of finely cut carrots and a pint of milk thickened with four level tablespoons each of butter and Town Talk Flour. Season with salt, white pepper and a little onion juice. Mix all thoroughly and serve very hot. Chopped parsley sprinkled over the top improves the appearance.

Potato Croquettes.

Mix well one pint hot mashed potatoes with one tablespoon butter, one-half teaspoon salt, a little onion juice

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and pepper, and one teaspoon minced parsley. Then add one beaten egg yolk, cool slightly, shape, bread them and fry in hot fat.

French Fried Potatoes.

Potatoes that are to be fried raw should be pared and kept in cold water for several hours before being cooked. For six people, pare half a dozen potatoes of medium size, cut them in two lengthwise and then separate each part into three parts, cutting the length of the potato. Let them stand in ice water an hour or more. Drain and wipe them dry. Put the potatoes in a frying basket into deep, hot fat, fry to a medium light brown, lift the basket from the fat and set on a plate; dredge with salt, shake and serve immediately.

Saratoga Potatoes.

Peel and slice thin into cold water, drain well and dry in a towel. Fry a few at a time in very hot fat. Salt as you take them out and lay them on coarse brown paper for a short time.

Potatoes Hashed and Brown.

Pare and cut into quarter inch squares. Leave in cold water for an hour, then boil tender in hot water slightly salted. Drain, put into a greased pudding dish, pour over them a cup of warm milk seasoned with pepper and salt and a spoonful of butter rubbed into one of Town Talk Flour. Bake covered half an hour, then brown.

Stuffed Potatoes.

Select six rather large potatoes, wash well and dry them. Bake in moderate oven until soft. Cut through lengthwise, remove inside, mash fine and mix with salt, pepper, butter, milk and part of the well beaten whites of two eggs. Return mixture to the cases, cover lightly with the white of egg and brown nicely.

Peas in Potato Cases.

Prepare three cups of mashed potatoes, well seasoned and mixed with soft butter and a little milk or cream. Shape into little cases by use of pastry bag and tube, and brush lightly with the yolk of an egg mixed with two tablespoons of cream. Brown in a moderate oven and fill

the center with peas which have been cooked, drained and seasoned.

SALADS AND SALAD DRESSINGS.

Besides the ordinary use of salads in the rounding out of dinner and luncheon menus, they are invaluable in the serving of light refreshments at afternoon receptions, small parties or informal gatherings. The list of savory and sweet sandwiches given below will be found quite helpful in cases of this kind.

Graham bread, chopped nuts and whipped cream.

Brown bread, chopped olives and Neufchatel cheese.

Whole wheat bread, roast beef and horseradish mustard.

White bread, cut thick, spread with butter and cheese and browned.

Toast freshly made, lettuce, chicken, Mayonnaise, with slice of bacon.

Fried bread, anchovies and hard cooked eggs.

Rye bread, schmiercase and chives.

Minced ham, hard cooked eggs and salad dressing.

Sardines, split and boned, lemon juice and paprika.

Caviar, onion juice and lemon juice.

Brown bread, grated cheese, butter and sliced nuts.

Salad, with lettuce and white bread.

Chopped peanuts, salt and thick cream, whole wheat bread.

Finely chopped French fruit, wine or lemon juice and whipped cream slightly sweetened, spread on layers of cake or lady fingers.

Marmalade and chopped nuts on sponge drops.

Plain sweet wafers may be used with a mixture of butter and sugar creamed and flavored with Kremette, forcing this through bag and tube.

French Dressing.

Put a saltspoon of salt in a bowl, add a saltspoon of

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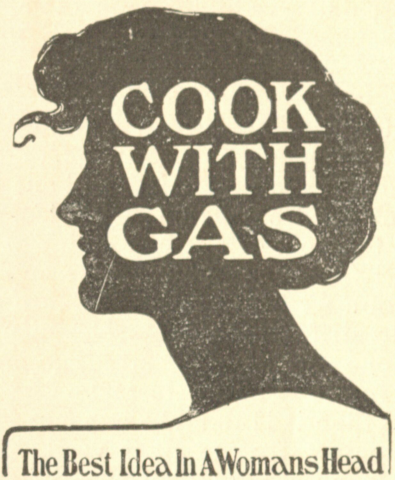

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pepper, a teaspoon of onion juice, a clove of garlic mashed fine, rub this with the back of a spoon until reduced to a pulp; add gradually four tablespoons of olive oil, one tablespoon of lemon juice, mix and serve.

Mayonnaise Dressing.

In a small saucepan standing in water, put one-half level teaspoon salt, one-fourth level teaspoon paprika (and if for lobster salad, add one level teaspoon mustard, if for fruit salads one level teaspoon powdered sugar); add the yolk of one egg and beat till egg thickens. Add slowly from one-half to one cup olive oil, stirring each portion well into the egg before adding another. When quite stiff, stir in one tablespoon lemon juice, using two for one cup oil. If desired, go on adding another cup of oil, for it is easier to make one pint or one quart at a time than it is to make one cup four times. Increase the seasoning if more oil is used. When done it should be like smooth, glassy butter, stiff enough to keep its shape. Pack it away in a glass jar and keep it cool. When ready to use, dilute a portion with more lemon juice, or with beaten white of egg, or with an equal amount of whipped cream.

Cooked Cream Dressing.

Heat one-half cup of vinegar in double boiler. Mix two level teaspoons mustard and salt, three level tablespoons sugar and one-fourth level teaspoon pepper or one-half that of cayenne; add four eggs, beat until light; add one cup thick cream, the hot vinegar and turn back into boiler and cook until thick and smooth, stirring well. This will keep for weeks, and as it is good with nearly all salads, it is well to make the full amount.

Cooked Salad Dressing.

Mix together one teaspoon of mustard, a little salt and pepper, and add the yolks of three eggs. Mix gently with a tablespoon of melted butter and one-fourth cup of vinegar. Cook over hot water until thickened, then cool and mix with half a cup of cream beaten stiff.

Pimento Relish.

For six canned pimentos which have been drained from the oil, prepare a cup and a half of Neufchatel or

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cottage cheese. Mash the cheese until smoth, blend with it a tablespoon of minced chives, if obtainable. (A few drops of onion juice may be substituted.) Fill the peppers with the cheese and serve on lettuce leaves with crisp wafers.

Cold Slaw.

Mix one rounded tablespoon sugar, one-half level teaspoon each salt and mustard, one-fourth level teaspoon pepper and one teaspoon Town Talk Flour. Melt one heaping tablespoon butter in saucepan, stir in the dry mixture and add gradually one-half cup hot vinegar. When thick and smooth, add quickly one beaten egg, cook a moment longer and pour it hot over one pint shaved red cabbage. Other cold vegetables may be treated in this way.

Lettuce, Cream Dressing.

Pile the largest leaves, chop into shreds with sharp knife. Toss about in the bowl and sprinkle with salt, powdered sugar, cream and lemon juice, and serve at once.

Potato Salad.

Boil small, waxy potatoes in their skins until almost tender. When cold peel, slice very thin. To one pint add one small onion sliced into slivers, one-half teaspoon salt, one-fourth teaspoon pepper, three tablespoons olive oil and two tablespoons vinegar (Tarragon preferred); add minced celery and parsley; let it stand and ripen and serve very cold. Garnish with hard boiled eggs and a border of lettuce with rings of green or red pepper. Before serving add more oil if it seems dry. If preferred, omit the eggs and dress with Mayonnaise.

Chicken Salad.

Boil six eggs hard, separate yolks and whites, mash yolks to a smooth paste with back of a spoon and add half a tumbler of olive oil, or rather more of butter melted, half a tumbler of vinegar with two heaping spoons of sugar stirred in it, one teaspoon each pepper and salt, two tablespoons mustard wet to a paste with vinegar. Stir all these together until smooth. There should be three parts of well cooked, finely chopped chicken to one of celery thinly sliced; just before serving add the sauce,

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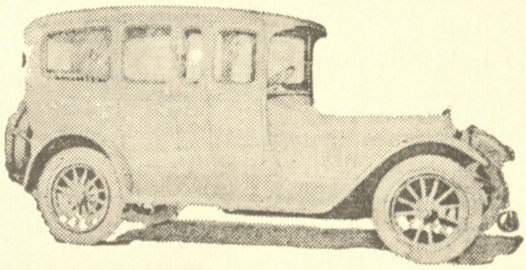

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tossing all together well. Chop the whites of eggs fine or cut in rings and garnish top of salad. Serve with sprigs of parsley, lettuce leaves or celery tops.

Salad of Fruits.

One can pineapple chunks, one pound Malaga grapes, one cup nut meats, four dozen marshmallows. Cut pineapple in pieces to suit taste, seed and halve grapes, cut marshmallows in strips and serve with this dressing:

One tablespoonful sugar, one tablespoon Town Talk Flour, one teaspoon mustard, one level teaspoon salt. Mix in bowl. Drop in one egg and beat thoroughly, adding four tablespoons vinegar and one cup sweet milk. Cook in double boiler and when it begins to thicken add tablespoon of butter. When cold add juice of one lemon and whipped cream, if available. (It is good without whipped cream.)

Roquefort Salad.

For two heads of crisp, curly lettuce allow half a cupful of Roquefort cheese crumbled into tiny bits. Make a French dressing with half a teaspoon each of salt and paprika, three tablespoons of Tarragon vinegar and half a cup of olive oil. Blend carefully with the cheese and mix with lettuce until each leaf is coated. Arrange symmetrically in a salad bowl and serve with crisp wafers and coffee, hot, strong and clear.

Waldorf Fruit Salad.

This is a quick salad, which may be made of equal parts ripe apples, cut in cubes, and chopped celery. Add to this a goodly sprinkling of pecans or walnuts and dress with Mayonnaise reduced with whipped cream.

Cold Asparagus Salad.

Trim and tie in bunches two dozen stalks of nice asparagus, cover with boiling salted water and cook carefully three-quarters of an hour. Lift and drain on a napkin. Stand aside until very cold. At serving time arrange the asparagus on a long platter, heads all one way. Mash a clove of garlic in a bowl, add a teaspoon of onion juice, a dash of paprika, a half teaspoon of salt, rub for a moment and add six tablespoons of olive oil. Stir until the salt is dissolved, add two tablespoons lemon

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juice, beat until white and creamy. Pour at once over the asparagus and serve.

Stuffed Tomato Salad.

Scald and peel large ripe tomatoes, cut in halves, and scoop out the centers, making cups to be filled with the scooped out portion, mixed with dice of cucumbers, celery or sweet pepper, nuts or cheese, and dressed with Mayonnaise. Serve very cold on lettuce leaf in individual plates.

Salmon Salad.

One pound of red salmon, one-half pint of celery and one-half pint of Mayonnaise dressing. Free the salmon from skin, bones and oil, pick the fish apart and add the celery, finely cut, and the Mayonnaise dressing, tossing lightly. Season to taste. Arrange in salad dish, pour a little dressing over the top and garnish with curled lettuce and drops of red jelly, or serve on fresh crisp lettuce leaves.

Egg Salad.

Take as many eggs as needed, boil them until perfectly hard, almost half an hour. Take out the yolks carefully, chop the whites very fine. Arrange lettuce leaves or cress on a dish, making nests of the whites of eggs, and put one yolk in each nest; sprinkle French dressing over the whole.

CAKES AND PASTRY.

Layer Cake.

The following is a splendid formula for layer cake to be used with any kind of filling: Beat one cupful of butter to a cream and gradually beat into it two cupfuls sugar. When this is light, beat in one cupful of milk, a little at a time, and one teaspoon vanilla extract. Beat the whites of eight eggs to a stiff froth. Mix one teaspoonful soda and two of cream of tartar with four scant cupfuls sifted Town Talk Flour. Stir the flour and whites of eggs alternately into the mixture. Have three tin pans well buttered and spread the batter in them, bake in moderate oven.

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Dissolve three cupfuls of granulated sugar in one of boiling water; cook until it threads, then pour it gradually over the whites of three eggs beaten to a standing froth, stirring constantly. Add one cup of chopped raisins, one of pecans and five figs, cut into very thin strips. For this filling the cake may be flavored with rose water.

Chocolate Filling.

Pour into a granite saucepan three cups of sugar and one of water, and boil gently until bubbles begin to come from the bottom—say, about five minutes. Take from the fire instantly. Do not stir or shake the sugar while cooking. Pour the hot syrup in a thin stream into the whites of three eggs that have been beaten to a stiff froth, beating the mixture all the time. Continue to beat until icing is thick. Flavor with one teaspoon vanilla extract. To this add four ounces melted chocolate. To melt the chocolate, shave fine and put in a cup, which is then placed in a pan of boiling water.

Cocoanut Filling.

For cocoanut filling, use the plain white icing as for chocolate, substituting fresh grated cocoanut or the shredded kind for the chocolate.

Caramel Filling.

Put into a deep vessel, two cups of sugar dissolved in one of sweet milk. Let come to a good boil and pour into it one cup sugar which has been cooked to a brown syrup in a skillet. Stir together and add butter the size of a walnut. Take off the fire and beat into it a pinch of soda, which gives a creamy effect. When cool add one teaspoon vanilla.

Angel Food.

Beat whites of eleven eggs with half teaspoon of salt until frothy. Then add one teaspoon cream of tartar and beat until rather stiff, but not dry. Fold into this one and one-half cups of sugar sifted five times, then one cup Town Talk Flour sifted five times. Flavor with one teaspoon of vanilla and turn into ungreased tube pan. Light gas oven full about five minutes before baking and turn out back burner and have front burner half on for first

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twenty minutes, also have pan of hot water in bottom of the oven.

Cake should be lightly browned in that time and temperature of oven may be slightly increased. Bake until cake settles even over the top and rebounds from touch of finger, about thirty-five or forty minutes. Invert pan and cool cake thoroughly before removing.

Sponge Cake.

Beat yolks of six eggs until thick, add one and one-fourth cups of sugar, also two tablespoons of water and the juice and grated rind of a lemon. Mix in lightly one cup of Town Talk Flour and the well beaten whites of eggs and bake in moderate oven, using long narrow sponge cake pans, if available.

Fruit Cake.

Twelve eggs, three cups sugar, one pound butter, two pounds currants, two pounds raisins, one-half pound blanched almonds, one-half pound candied peel, four ounces butternuts, four ounces pecans, six large figs, one glass brandy, one glass wine, one-half cup black molasses, three cups of Town Talk Flour with two teaspoonfuls baking powder. Beat the eggs all together until light. Cream the butter, add the sugar, beat again, add the eggs, then the flour and liquors, molasses included, and give the whole a vigorous beating. Add the nuts. Stem and seed the raisins, wash and dry the currants, cut the candied peel into shreds, mix the fruit and flour it well, then add it to the cake. Line a big cake pan with greased paper, pour in the mixture and bake in a very moderate oven four or five hours. This will make a very large cake.

Golden Rules.

These are to be remembered in cake making: Beat the butter and sugar together until very light before putting in the other materials, then add the yolks of the eggs, the liquid, either water or milk, then the Town Talk Flour, with which you have sifted the baking powder, and lastly the white of eggs.

Sweet milk will make a cake rich and close; water in the same cake will make it light and delicate. In nearly all recipes beat the whites and yolks separately. Always

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sift the flour before measuring, then add the baking powder and sift it once or twice.

Pastry flour makes a much lighter cake than bread flour; where real pastry flour cannot be obtained, the soft winter flour will answer the same purpose.

Pastry.

In making pastry have the butter or lard very cold, chop it in the Town Talk Flour quickly, mix with ice water, roll out and use. Everything must be exceedingly cold. If the weather is warm and you are obliged to roll the crust on a wooden board, put it aside on the ice after the first rolling. In fact, if you are making custard pies, after the dishes are lined stand them aside until very cold before filling.

Pastry for One Pie.

Mix one scant half level teaspoon salt with one heaped cup pastry Town Talk Flour. Chop in two tablespoonfuls chilled lard. Mix with cold water to a stiff dough, toss out on floured board, pat it flat and put one rounded tablespoon of butter over the surface in little dabs, dredge with Town Talk Flour, fold edges over, pat out thin, spread on another tablespoon of butter, dredge, fold over and pat out thin. If soft lay the paste on ice until chilled. Then roll into rectangular shape, roll over like a jelly roll, divide in middle, allowing slightly more for the upper crust, stand the piece on end, pat it flat, then roll into circular shape till a bit larger than the plate. Push the edges even with the plate and if you have a true eye, you will have no paste to trim off. Fill with the pie material, roll the other part of paste in same way, making it one-half inch larger than the plate to allow for the filling and the puffing in the baking. Put it on loosely, throwing the fullness back in the center, with the edges just even, and press them slightly together, first wetting the lower edge if it is for a juicy pie. Press the two crusts back slightly from the edge of the plate and mark or not, as you please, with a fork or crimper. Marking keeps the crust from puffing and it also helps to retain the juice. Binding the crust to the plate with an inch strip of wet cloth is the surest way to keep in the juice. Make several incisions in the top before you lay it on, that there may be an outlet for the steam.

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Grandmother's Lemon Custard.

One pound powderd sugar, six egg yolks, four egg whites, four ounces of butter, juice and rind three lemons. Beat the yolks and sugar to a cream, then add the whites, unbeaten, one at a time, and beat the whole until very light. Beat the butter to a cream and add the other mixture gradually to it; now stand the bowl in a basin of boiling water over the fire and stir continually until the mixture thickens; take from the fire and stand away to cool. Line two deep pie dishes with good plain paste and bake in a quick oven for fifteen minutes. When done take out and fill with the lemon mixture. Add gradually six tablespoons of powdered sugar to the whites of six eggs, beating all the while; after you have added all the sugar, beat until very stiff and glossy. Put this meringue over the top of the pie and stand it in the oven until a golden brown.

Apple Pie.

To make a perfect apple pie, a fine flavored, tart apple is needed, ripe but not too soft. Pare, quarter and cut in thin slices. Line the pie plate with a fine puff paste neatly trimmed around the edges. On this heap the apple, allowing an abundant filling; put on the top crust, moistening the edges before pressing the upper and lower crusts together. Bake in a brisk oven about half an hour. Take from the oven and quickly loosen the upper from the lower crust around the edges and lay the upper crust on another plate, scatter into the pie two or three tablespoons of sugar, a lump of butter and a little grated nutmeg. Replace the upper crust quickly and place in the oven for five minutes.

Cherry, Blackberry and Peach Pies.

Make both upper and lower crust and fill with the fruit, well sweetened.

New England Pumpkin Pie.

Stew the pumpkin until soft and then press through a sieve. To a quart of pumpkin allow two quarts of milk and six eggs. Beat the eggs well and stir into the milk, adding the sifted pumpkin gradually. Add a little melted butter, sweetening to taste, a pinch of salt, a very little cinnamon and a generous flavoring of ginger. Pour into shells of pie paste and bake in a quick oven.

Mince Pie.

One pound each of raisins, currants and sugar; stone and chop raisins; one pound of suet chopped very fine, two-thirds of an ounce each of candied lemon and orange peel, two large apples, grated, one-third of an ounce of cinnamon, two-thirds of a nutmeg, the juice of one lemon added to the grated rind, and one-third of a gill of brandy.

"SKYLARK" RECIPES.

Doughnuts.

Four cups "Skylark" Self-Rising Flour, one cup milk, one cup sugar, two tablespoonfuls butter, one teaspoonful nutmeg, two eggs. Mix sugar and butter to a cream, add eggs, milk and flavoring, then the "Skylark" Self-Rising Flour. Roll out one-quarter inch thick, cut out with doughnut cutter and fry in hot lard.

Cookies.

Two cups sugar, one scant cup butter, one cup milk (sweet or sour), two eggs, one teaspoonful flavoring. Cream sugar and butter, add the egg well beaten, then the milk and enough "Skylark" Self-Rising Flour to make a stiff dough, roll out thin and bake in a quick oven.

Drop Cakes.

One egg, one cup sugar, one cup water, two large tablespoonfuls butter, one teaspoonful flavoring. Mix the sugar and eggs, add the melted butter, flavoring and water, then enough "Skylark" Self-Rising Flour to make a stiff batter. Drop with tablespoon into a greased pan, put a raisin on each cake and bake until brown.

Puffball Doughnuts.

Three eggs, one cup sugar, one pint milk, one teaspoonful vanilla. Sift some "Skylark" Self-Rising Flour, add sugar and eggs, then the milk and more "Skylark" Self-Rising Flour to make a stiff batter in which a spoon will stand upright. Drop by small teaspoonfuls into kettle of hot lard and fry until brown.

Banana Fried Cakes.

Three cups "Skylark" Self-Rising Flour, one beaten

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egg, enough sour milk to make a thick batter. Add three bananas, sliced fine, and one tablespoonful of sugar. Fry on a well greased griddle until a light brown.

Colonial Bread.

Three cups "Skylark" Self-Rising Flour, one tablespoonful shortening, two tablespoonfuls sugar, ½ cup raisins, cut fine; ½ cup nuts, cut fine; 1½ cups milk. Sift the flour and sugar, add shortening and milk, then the nuts and raisins; stir in the flour, bake twenty-five minutes in a bread pan.

DESSERTS.

Chocolate Pudding.

Soften three cups of stale bread in an equal quantity of milk. Melt two squares of chocolate over hot water and mix with half cup of sugar, a little salt, three beaten eggs and half a teaspoonful of vanilla. Mix this thoroughly with the bread and place in well buttered custard cups. Steam about half hour (according to size), and serve in cups or turn out on warm plate.

Strawberry Shortcake.

Sift two cups Town Talk Flour, one-half teaspoon salt, two tablespoons of sugar and three teaspoons baking powder, and cut in one-fourth cup of butter. Add a scant cup of milk and spread dough in pie tin, brush over with milk and bake in a rather hot oven. Split apart when done, butter well and fill with sweetened strawberries. Whipped cream is a delightful addition.

Velvet Blanc Mange.

Two cupfuls sweet cream, one-half ounce gelatine, soaked in a very little cold water until soft, one-half cupful sugar, powdered, one teaspoon extract bitter almonds, one glass white wine.

Heat the cream to boiling, stir in the gelatine and sugar, and as soon as they are dissolved take from the fire, beat ten minutes, or, what is better, churn in a syllabub churn until very light, flavor and add by degrees the wine, mixing it well; pour into molds wet with cold water.

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Syllabub.

One-half pound sugar, one quart lukewarm cream, one glass wine. Dissolve the sugar in the wine and then pour on the cream slowly, so as to froth.

Charlotte Russe.

For two molds, each holding one quart, use three quarts whipped cream, one-half package gelatine, four egg yolks, one-half pint milk, one gill water, one small cup sugar, one teaspoonful vanilla, stale sponge cake or lady fingers. Soak the gelatine in the water for two hours. Beat the sugar and the yolks of the eggs together and stir the milk into this mixture. Put on the fire in the double boiler and cook for five minutes, stirring all the while. Add the soaked gelatine and stir until this is dissolved. Take from the fire and cool, stirring frequently. Line the sides of the molds with the cake. Add the vanilla and place the basin in a pan of ice water. Stir the custard until it begins to thicken, then add the whipped cream, about one-third at a time. Stir until the mixture is so thick it can hardly be poured. Fill the molds and set away to harden. If possible, let the molds stand for an hour or longer. For some tastes the Charlotte is improved by the addition of four tablespoons of wine.

Maraschino Bavarian Cream.

One and one-half pints cream, one-half cup cold water, one-half package gelatine, one-half pint milk, one cup sugar, four egg yolks, two tablespoons Maraschino. Soak the gelatine in the cold water for two hours. At the end of that time whip the cream to a froth. Put the milk on the stove in a double boiler. Beat the yolks of the eggs and add both them and the sugar to the soaked gelatine. Stir this mixture into the hot milk and cook for three minutes, stirring all the time, then remove from the fire and strain into a basin holding three quarts. Add the Maraschino, and placing the basin in a pan of ice water, stir the mixture until it becomes cold and begins to thicken, then stir in the whipped cream and pour into the molds that have been dipped in cold water. Set away to harden. The cream should be hard in half an hour, but it is well to let it stand for several hours. At serving time dip the molds in warm water and turn cream out on flat dishes.

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For "freezing," use plenty of ice finely broken and plenty of salt; put a layer of ice three inches deep and of salt one inch deep, and repeat until the tub is nearly full, packing down well. For a gallon can use three pints of rock salt and ten quarts of chopped ice. If packed solid no more ice is needed. Do not drain off the water while freezing. If more salt is used the contents of the can will freeze sooner, but if it be cream, it will not be so rich and smooth.

Vanilla Ice Cream.

This foundation is suitable for any kind of ice cream: One large cup milk, one cup sugar, a half cup of Town Talk Flour, scant; two eggs, a quart of cream, flavoring, and when the cream is added another cup of sugar. Let milk come to a boil. Beat one cup of sugar, flour and eggs together and stir into boiling milk. Cook twenty minutes, stirring often, cool and when cool add remainder of sugar, cream and seasoning and freeze.

Peach or Strawberry.

Crushed berries or peeled and stoned peaches with sufficient sugar to sweeten well, are stirred into the cream when half frozen. If preferred, one may strain the fruit and add only the juice (before freezing).

Chocolate Ice Cream.

Scrape two and one-half ounces of chocolate into a small saucepan, with four tablespoons sugar and two tablespoons hot water. Stir over hot fire until glossy and smooth. This may be added to a foundation as given above for vanilla ice cream, while the latter is cooking. The sugar used in the preparation of the chocolate should be taken from the second cupful used in making the ice cream.

Tutti Frutti.

One quart rich cream, two ounces sweet almonds, chopped very fine, one-half pound sugar, one teacup chopped raisins, one teacup chopped citron, one-half pound orange preserves. After you have half frozen the cream, almonds and sugar, add the other ingredients, mix well with the cream and freeze.

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Fruit Sherbet.

Make a lemonade of three quarts of water, juice of six lemons, rind of one and about a pint of water. Add one can of grated pineapple, one of choice peaches, and freeze.

Cafe Frappe.

To a quart of strong, sweetened coffee add cream enough to give the dsired color and freeze to the consistency of snow. Serve in tall, slender glasses with a spoonful of whipped cream over the top. A few brandied cherries improve the appearance and combine nicely in flavor.

Orange Punch.

Make a syrup of one pint each water and sugar and rind of two lemons. Strain, add lemon juice and three cups orange juice. When cool freeze until almost stiff, then add three ripe bananas cut small, two tablespoons each of candied cherries and pineapple and finish freezing.

THE PRINCE OF THE CRADLE.

"The coming of the song birds means spring to out-of-doors. The coming of the stork means springtime in the home."

The advent of baby is far and away the most important occasion in any home, and is the beginning of a new era. All plans are shaped thereafter around the little one and its future. Mother and father think baby, talk baby, read baby and dream baby, and whatever pertains thereto is of supremest interest. It is not the purpose of this article to take up in detail the care of baby from birth until he or she shall have arrived at years of discretion, but to give to the young mother a collection of advice and helps which has been scrap-booked from a wide variety of sources, including besides excerpts from modern magazines and newspaper articles by well-known writers, such sage authorities as the family doctor and the old "black mammy."

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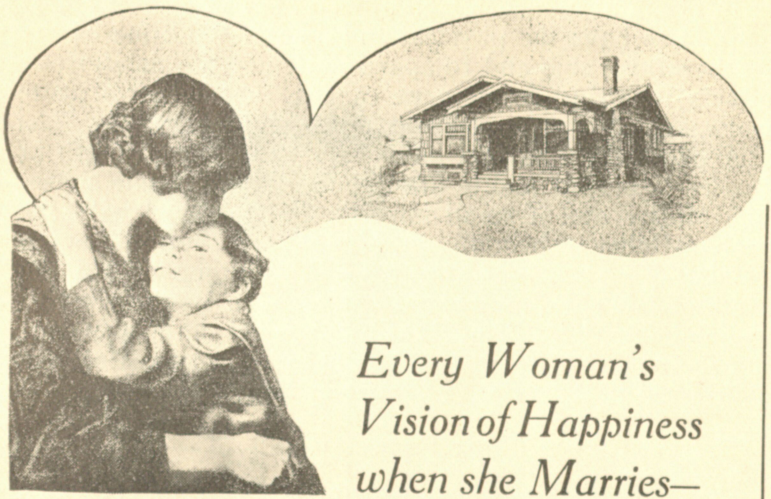

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ly in prenatal influence, and advise the use of every precaution to have the physical and mental condition of the mother favorable and to spare the child the deleterious effects resulting from three causes, the mother's overwork, exposure to unpleasant sights and worry.

A prospective mother should husband her strength in justice to herself and to her unborn child, for her household duties are of small importance compared with the responsibility of bringing into the world a normal human being. The constant worry of the mother before the birth of her child may cloud and weaken the intellect of the child for life. The sight of physical deformity during the period of formation has been known to affect the child even to the extent of reproduction.

First Preparation.

For the coming baby's wardrobe, the following is a good list:

Four medium weight wool shirts or light weight silk and wool for summer.

Four to six flannel skirts, made on cotton waists, for summer, or flannel waists for winter.

Six night dresses, wool flannel for winter, outing flannel for summer.

Six or eight nainsook or dimity dresses, 26 inches long.

Two wrappers, four flannel sacques, four pairs bootees, four pairs of wool stockings for winter, silk and wool for summer; two shawls or Afghans.

Six dozen diapers of cotton bird's-eye, two dozen of which should be 18 inches wide by 36 inches long and four dozen 22 inches wide by 44 inches long. This is an ample supply. Two nainsook or longcloth petticoats may be added, if desired.

One yard of white flannel, to be torn into bands of the size to fit body; it is better not to hem these bands. They should be worn only about six weeks, then the ribbed knit silk and wool bands with shoulder straps may be substituted.

To give the little one reasonably good tailoring, it is as well to wait its arrival before making coat and bonnet.

A toilet basket with its contents will be needed. It should have in it: One pin cushion full of safety pins, large and small; threaded needles for sewing the bands,

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one powder shaker with pure talcum in it; one soft brush and a fine comb, one cake of pure white Castile soap, one bath thermometer, a small box of absorbent cotton, a small box of sterile gauze, some soft, clean old linen; one tube of white petrolatum, one pair of small, blunt-pointed scissors, one box of wooden toothpicks, four fine baby towels, half a dozen cheese cloth wash cloths, a bottle containing six ounces of boracic acid solution, for washing out the mouth and eyes. This solution should be made by dissolving one level half teaspoonful of boracic acid powder in six ounces boiling water, cooling this and corking the bottle. It should be made fresh at least once a week.

There should also be a bath apron for the nurse or mother, and a square of a white eiderdown blanket for wrapping up the baby while waiting for his first bath.

A bassinet, or crib, with its furnishings, a bath tub, one wash basin, two pitchers, one covered pail for soiled diapers, one pair of scoop and platform scales for weighing baby, one hot water bag, one room thermometer and one small chamber are also among the necessary articles that should be ready when baby arrives.

The training of a child should begin from birth, and as the mother must bear the brunt of the burden, if he is ill, nervous or spoiled, the father should aid her in having her way about all this. First decide upon the right line of training, then keep steadily to it, and you will be rewarded by a healthy, well trained baby that will be the delight of your home.

Baby's bath should be given every morning, one hour after second feeding. First, a sponge bath on the lap, then a quick dip in the tub. Be careful that the room temperature is 70 degrees Fahrenheit, that all doors and windows are closed, so there will be no draught on the baby, and that all the articles needed for bathing and dressing the baby are within reach. A soft rubber bath tub is preferable, but in the event a tin one is used, a blanket should be placed in it, if the baby is very young. The tub should be placed upon a box or low table, so that it may be out of the draughts that circulate near the floor.

The water in the tub or basin should be of a temperature of from 98 to 100 degrees Fahrenheit, when tested by the bath thermometer, or if one cannot have a bath

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thermometer, the water may be tested by placing the tip of the elbow in it, as the skin here is sensitive, and if the water feels lukewarm, it is of the correct temperature.

The person who is to bathe the baby should put on the bath apron, pin the large soft towel to her belt with safety pins, so that it hangs down over the bath apron, and take the baby on her lap.

All the garments should be taken off and the baby covered with the towel and bath apron, so that only the head is out. One of the soft cheese cloth wash cloths should then be wet in the basin of warm water and the baby's face gently washed (no soap should be used on the face). After this is done a little soap should be put on the cloth and the baby's head washed, being very careful not to get any of the soapsuds in baby's eyes. The soap should then be rinsed off the head and the face and head dried with a corner of the large towel. Next wash the body, arms and legs, using a little soap on the second wash cloth (not the one that was used for the face and head), and being careful to wash in between the little fingers and toes and between all the folds of soft flesh. Turn the baby over gently and wash the back, taking the lower part of the body last and bathing as much as possible with the hand under the bath apron, so the baby will not be exposed to cold. After he is well soaped in all parts, then put him in the tub, being careful to test the water in the tub before you put him in it. While in the tub the baby's head should rest on the left arm, the fingers of the left hand extending down the baby's back, so as to support it and prevent strain on the little back and neck. With the other hand all the soap should be quickly rinsed off the body with the wash cloth, and as soon as this is done the baby should be lifted out of the tub and wrapped up in the bathing towel and bath apron.

The drying process should consist of simply patting gently with the towel, rolling him from side to side, and then with the corner of the towel gently drying between all the soft folds of the flesh in order that no chafing may occur. As soon as this is done the wet towel should be slipped out from under baby and he should lie on the bath apron during the rest of his toilet. Before the clothing is put on, a very little pure talcum powder should be dusted under the arms and in the creases of

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the neck and folds of flesh near the thighs and buttocks. Do not cover the entire body with it.

Dressing the baby comes next, and during this operation he should be held lying on the lap. Never try to dress a young baby while holding him in a sitting position; his neck and back may be badly injured if you do. First, the flannel band, which is neatly rolled, should be smoothly unrolled around the baby's abdomen, being careful that there are no wrinkles to hurt the tender flesh. Then the band should be basted on the left side, one finger being placed between the band and the skin, so that it will not be possible to prick the baby. This will be difficult at first, but it will come easy after a little practice. The band should be snug, but not tight enough to bind. Safety pins often become unfastened, therefore, they should never be used to fasten the band.

When the baby is two months old, the ribbed knit band may be used, and should be put on over the feet, slipped up into place and the arms put through the straps.

The diaper should be folded double and pinned snugly, but not too tight, with one large safety pin, and where the legs go through, with a small safety pin on each side. When the knit band is used, the diaper may be pinned to the little tab at bottom of band, which will prevent slipping. These three safety pins in the diaper are the only ones that should be used in the baby's clothing.

The wool shirt, which should button down the front, should come next, and then the long wool stockings and bootees, which should be warmed before they are put on, and the little feet warmed by hand. The stockings may be pinned to the diaper with the two small pins that fasten diaper at sides. The long flannel skirt should follow, and should fasten in the back with tiny buttons, so that no pins need be used. After this, the white dress. These should invariably be slipped on over the feet, and may both be put on before turning the baby over on his stomach to button him up the back, which will avoid turning so often.

His eyes should now be very gently washed out with the boric acid solution (one teaspoon of boric acid in a pint of warm water), using a separate piece of cotton or linen for each eye, squeezing a few drops of the solution into the eye and drying it with another piece of cotton

or linen. Next, the mouth may be washed out by twisting a little piece of cotton or linen firmly on your finger, dipping this in the boric acid solution and very gently wiping out the entire inside of baby's mouth. The nose may be cleaned with a small piece of absorbent cotton firmly twisted on the end of a wooden toothpick, then dipped in the boric acid solution and passed just a little way into each nostril. Do not try to reach up higher than is necessary to remove the secretions, which can readily be seen. The ears may be cleaned in the same manner, care being taken not to reach in too far. A small piece of cotton or linen should be used to carefully dry the nose and ears.

The baby's nails should now be cleaned with a wooden toothpick, and when necessary to trim them, blunt scissors should be used. This completes baby's toilet, and he should be taken to his crib in another room and covered with a light blanket, while the room in which the bath was given should be aired and the toilet articles put neatly away.

A soft brush should always be used to brush the baby's hair, and if it be a boy, the hair should be trained from the side in the very beginning.

The room in which baby spends most of his waking time should be as full of sun and fresh air as possible, the temperature during the day ranging around 68 degrees Fahrenheit, and that of his sleeping room from 45 to 55 degrees.

When the weather is fine, a baby may take his outdoor airing in the summer, when a week old; in the spring or autumn, at the age of three or four weeks, and in the winter, when he is two or three months old. He should always be taken out in a carriage, instead of one's arms, and in cold weather care should be taken to see that he is well wrapped up with mittens on his hands and warm blankets on his feet. The wind should not be allowed to blow in his face, and neither should the sun be permitted to shine directly in his eyes, whether sleeping or waking.

When night falls, the baby should be asleep in his crib, and not out on the streets. When the baby may not go out of doors on account of the severity of the weather, he may take his airing by being wrapped up exactly as if he

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were going out, placed in his carriage and left for half an hour at a time (longer when he becomes accustomed to it), in a room with the doors closed, but the windows down from the top.

When babies do not get enough fresh air, it is indicated by a pale, tired look, poor appetite, ill temper and broken slumbers.

When old enough to walk, special care should be taken that babies do not play in wet puddles, sit down on cold steps or damp grass, get wet in snow, or get too tired.

A mother should always nurse her own baby, if she is free from tuberculosis and is not so nervous as to make her milk unfit for use. The quality of the milk may best be determined by having it analyzed by a physician. To tell about the quantity, one should weigh the baby just before he nurses and again right after he has nursed steadily for twenty minutes, and the number of ounces he gains will tell the amount he obtains from his mother. Regularity in feeding is one of the most important things in baby's life. During the first day the baby should be put to the breast every six hours, as very little milk is secreted during this time; the second day this practice should be continued, but on the third day, when the milk usually enters the breast, regular two-hour intervals of nursing should be observed between 6 a.m. and 10 p.m., with an early morning lunch at 2 a.m., making ten meals in twenty-four hours.

This should be continued until the baby is two months old, when he should be fed every two and a half hours, making nine meals in twenty-four hours. When three-months old he should have seven meals in twenty-four hours, being fed every three hours; when five months old the night meal should be stopped and only six meals given. When ten months old, the baby should be fed every four hours for five meals in twenty-four hours, keeping this up until he is a year old, when he should be weaned from the breast. He should be awakened at meal time until he learns to awake of his own accord, and should be kept awake until he has finished nursing. The average baby should be nursed twenty minutes, although ten to fifteen minutes may do, when the milk flows freely. The baby is affected to some extent by the diet of the mother, and she should avoid sour fruits, cabbage, toma-

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toes and anything she has found she cannot readliy digest; also excessive tea or coffee drinking. She should take a glass of milk, a cup of cocoa or a bowl of gruel between meals, unless her supply of milk is very abundant. The mother should exercise great self-control over her temper, and should not worry and fret over trifles. She should take a walk in the fresh air every day, and be sure to have a movement from her bowels daily. If she can spare the time, she should lie down for an hour each day.

Beginning with the first day of life, one or two ounces of boiled water should be given in a bottle, used three or four times daily, also one meal of modified milk, which gradually accustoms the baby to the digestion of cow's milk and allows the mother an opportunity to go out without hurrying back for nursing.

If the mother needs her night sleep very much, the bottle may be given at night by some other member of the family and the mother may sleep on undisturbed.

As the baby grows older, the bottle meals may be substituted oftener, so that by the time he is a year old he will be entirely weaned.

In the event the mother cannot nurse the baby at all, cow's milk carefully modified to suit the individual baby is the best infant's food now known. The curd of cow's milk is especially indigestible for baby, and the fat or cream must be changed to some extent. Water or a gruel is therefore added to overcome this and render these elements more digestible. Some form of sugar is added to sweeten and an alkali, like lime water or bicarbonate of soda, to overcome the acidity of the milk.

Milk prepared in this way is sometimes spoken of by physicians as "humanized milk," because an effort has been made to make it as near like human as possible. When good fresh milk can be obtained, this method of feeding is recommended by all the best children specialists.

Babies fed from the bottle should, during the first month, receive from one and a half to three ounces of the food every two hours from 6 a.m. to 10 p.m., and once between these hours, making ten meals in twenty-four hours; second month, from three to four ounces every two hours and a half, making eight meals in twenty-four

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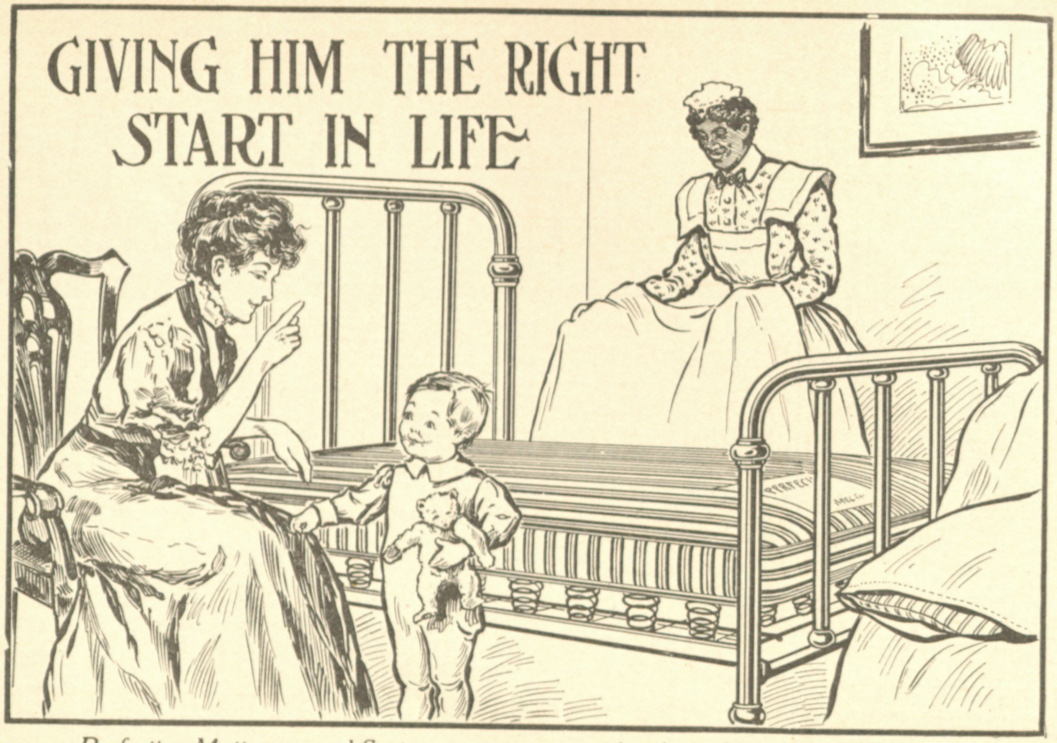
hours; third month, from four to four and a half ounces every three hours for seven meals; fourth month, four and a half to five ounces every three hours from six or seven in the morning until nine or ten o'clock at night, but nothing between these hours, making six meals in twenty-four hours; fifth month, from five to five and one-half ounces every three hours for six meals; sixth month, from five and a half to six ounces every three hours for six meals; seventh month, six to six and a half ounces every three hours for six meals; eight month, six and a half to seven ounces for six meals, three hours apart; ninth month, seven to seven and one-half ounces for six meals; tenth month, from seven and a half to eight ounces for six meals; eleventh month, eight ounces every four hours for five meals in twenty-four hours. This schedule has been figured out upon scientific principles to apply to the average baby, and if adhered to will give excellent results. Plain round bottles with the ounces marked on them are the best feeding bottles, and as soon as the baby has finished feeding any food remaining in the bottle should be thrown away and the bottle rinsed wit hcold water. Then the bottle should be filled with cold water, in which has been placed a pinch of borax, and allowed to stand. Just before preparing the baby's food for the day all bottles should be thoroughly washed with hot soap suds and a bottle brush, then rinsed and boiled for twenty minutes. They should then be stood upside down and covered with a clean towel until the food is ready to be poured into them.

A plain black rubber nipple, with one small hole in the top, is best and simplest to use. As soon as the meal is finished, the nipple should be rinsed in cold water and placed in a covered glass of cold water containing a pinch of borax or boric acid solution. Once each day the nipple should be turned inside out and scrubbed with a brush and hot soap suds, then carefully rinsed and put back in a fresh solution.

Experience has shown that a teaspoon of barley flour rubbed up in a very little cold water and added to a pint of boiling water, with a pinch of salt, then boiled fifteen or twenty minutes, at the end of which time enough boiling water is added to make up the pint, is the best gruel to use with the milk.



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In feeding the modified milk, slight ills incident to babyhood sometimes render a temporary change necessary; for instance, if the baby has an attack of diarrhea, a teaspoon of castor oil should be given as soon as it is noticed and all milk stopped for at least twenty-four hours, giving only the barley water in its place; then as the movements improve and if the baby has no fever, begin very gradually to add milk to the barley water, first adding only one ounce to a pint and gradually increasing until the regular formula is reached.

Vomiting may be caused by any one of a number of things; the quantity of food given may be too large for the stomach to hold readily; he may be taking the food too rapidly, in which case the hole in the nipple should be smaller size and the baby made to take more time over his meal. In some cases a baby vomits because his bands are too tight, or some one bounces him about just after his meal.

These things should all be borne in mind and investigated before blaming the food. Sometimes the baby vomits soft curds or keeps spitting up food at any time between his meals, which usually shows gastric or stomach indigestion. It may be due to too much cream in the food or to the use of cane or malt sugar. Try reducing the richness of the milk by skimming away some of the cream, or most of it, if need be, and if this does not answer, reduce the quantity of sugar one-half. Longer intervals between the meals sometimes proves helpful, as it gives the stomach more time to rest and less to do.

Habitual constipation, or two much starch, proteids or sugar, sometimes develops colic and produces gas in the intestines, also causing curds to show in his movements, in which case you may relieve the baby temporarily by an enema of warm water, and by diluting the food with water instead of gruel, which contains some starch, but your best course in this case is to consult your doctor, as it takes considerable skill to right this trouble. The first article besides milk that it is usually safe to give a baby is orange juice, but if the baby is inclined to have frequent or loose movements from the bowels, do not give orange juice, as it is a slight laxative in some cases. Begin with one teaspoonful orange juice strained through cheese cloth, to which has been added an equal amount of

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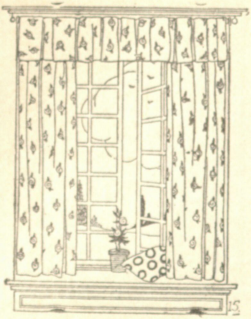
boiled water, and give this mixture midway between the morning meals. If the baby does not vomit it, gradually increase up to one ounce of the juice and one of water, and when this point is reached leave out the water little by little until only one ounce of the pure juice is taken. The orange itself should be sweet, but you should never add sugar to it, as this often causes sour stomach and acid movements that chafe the baby.

The orange juice may be begun as early as the fourth month in many cases, and may be given through the medium of the nursing bottle. Under no circumstances should "tastes" of food be given from the family table. More harm is done in this way than mothers realize. It often causes serious illness and even death. Keep the baby away from table until he is at least two years of age, and even then his food must be specially prepared, and he should never be allowed to have tastes of food meant for adults. Beef juice or cereal is usually given next after orange juice. If the baby is inclined to be pale, begin with the beef juice, otherwise the cereal may be given first. Where there is a reason, the beef juice may be commenced when baby is six months old, but it is best to wait with the average child until he is ten or eleven months old. Fresh beef juice, and not prepared extracts, should be used. Round steak slightly broiled and pressed with a lemon squeezer will give the juice, which may have in it a tiny pinch of salt, and should be served to his small majesty lukewarm. When the baby is less than ten months old it is best to add an equal amount of water to the beef juice, using a teaspoonful of each and gradually working up to one ounce of pure juice. This may be given once daily, or every two days, where the baby is a young one, between meals. A well cooked cereal may be begun when baby is ten or eleven months old, and on his four-hour schedule for breast or bottle meals.

A light cereal should be used at first, cooked in water with a little salt added. One tablespoon of cereal should be cooked in a double boiler with one pint of water for one hour to the consistency of a thin breakfast cereal. Take from the fire and beat one or two ounces of top milk (not rich cream) into the required amount for the baby's meal, which should be at first only one teaspoon-



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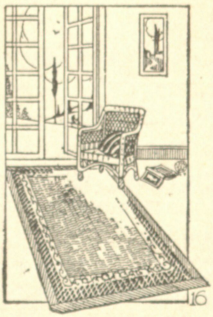

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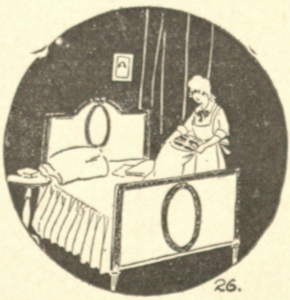
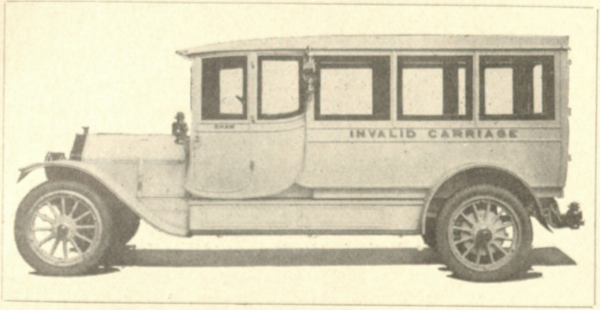


ful, and gradually increased to two to three tablespoonfuls. No sugar should be used. The white of a coddled egg with a tiny pinch of salt in it may be alternated with the beef juice when the baby is ten months old, giving one or the other every day. A crust of bread may be given the baby to suck when he is eight months old, but he must *not* swallow it, or a cracker made especially for babies may be given, but *never* under any circumstances give ordinary white or graham crackers until the baby is as much as a year old.

If the course of diet outlined in the foregoing has been pursued up to the time baby is one year old, no difficulty should be experienced in weaning him from the breast, as his little stomach has gradually become accustomed to other forms of nourishment. He will doubtless have tripled his birth weight by this time, and besides having five or six teeth, will be able to stand up by holding to something, and maybe say a few short words. Barley water, lime water and milk sugar may now be eliminated and a quarter teaspoon of bicarbonate of soda added to the twenty-six ounces of whole milk, which should constitute his day's supply. As soon as the milk is delivered add your bicarbonate of soda as proportioned above, pour the milk into bottles, corked with clean cotton and stand on ice until ready for use.

At mealtime the milk should be warmed by standing in hot water. It is now time to have baby learn to take his meals from a cup, gradually doing away with the bottle. No child should be permitted to have a bottle after he is eighteen months old, and the earlier he can be encouraged to give it up the better it is for all concerned.

After taking the twenty-six ounces of milk for the baby to drink, there will be six ounces left from a quart, and this used with his cereal will give him an entire quart during the day, which is plenty, when he is taking solid foods as well. Baby's bill of fare may now be lengthened by the addition of broths made from chicken and mutton, well-cooked rice, the yellow as well as the white of coddled egg, prune juice, peach juice and scraped apple, or apple sauce, Zwieback or dried bread, with a very little butter on it, dried bread and milk, the cereal jellies, and any of the cereals you can cook thoroughly at home; junket, and an occasional graham cracker, if given



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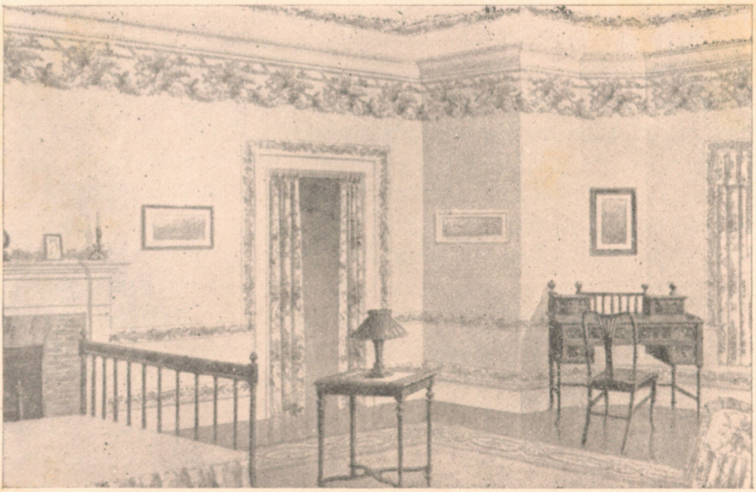
with a meal, never between meals. Baked potatoes starchy and should be barred until baby is two years old.

The young master's daily routine should begin at 6 a.m. with eight ounces of milk and a piece of Zwieback or dried bread; at 8 a.m. he should have the juice of one sweet orange, or two tablespoons of prune juice, or two tablespoons peach juice, or tablespoon of apple sauce. At 10 o'clock he may have two or three tablespoons of farina, hominy or cereal with three ounces of milk, a pinch of salt, a little sugar and perhaps a bit of Zwieback. At 2 p.m. give him the whole of a coddled egg, with a bit of Zweiback broken in it, and a graham cracker, or six ounces of mutton broth with a little barley in it, and a piece of stale bread and butter, or two ounces of beef juice over a tablespoonful of well cooked rice and a piece of crisp toast with butter, or six ounces of chicken broth with a spoonful of rice in it and a piece of dried bread, each of these 2 o'clock repasts being accompanied by five ounces of plain milk to drink. For the evening meal, which is served at 6 o'clock, he should have eight ounces of milk accompanied by two tablespoons oat jelly, with three ounces of milk and a pinch of salt on it and a piece of Zweiback, or two tablespoons of junket, with three ounces of milk poured over it, and a piece of dried bread with butter, or two tablespoons wheat or barley jelly with three ounces of milk and a pinch of salt and Zweiback, or dried bread and butter, or two slices of dried bread broken with three ounces of milk and a little salt. Cereal jellies are prepared by cooking one tablespoon of the cereal flour in eight ounces of water and a pinch of salt for about 20 minutes, or until of the consistency of jelly.

At eighteen months of age the baby's meal hours should be changed to 7, 9 and 11 o'clock mornings, 3 in the afternoon and 6:30 in the evening. His morning meal should be increased by the addition of a saucer of well cooked cereal and an extra piece of toast or bread. At 9 a.m. he should have his fruit juice or apple in slightly increased quantity. At 11 o'clock he may have as a meat course a tablespoon of scraped rare beef pulp, or of finely cut lamb chops, or finely cut white meat of chicken, and with any of these he may have a tablespoon of well cooked rice, or of macaroni, or of spinach mashed through a



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sieve, or of well cooked celery, then a saucer of cooked prunes with the skins removed, or boiled custard pudding, or Irish moss blanc mange. For bread he may have Zweiback or whole wheat bread buttered, or stale bread and butter. At 3 o'clock, two ounces of beef juice, or a cup of mutton broth with an oatmeal cracker, or a cup of chicken broth with corn meal cracker.

Half past six finds him with milk toast, a cup of milk and a graham cracker, or a well cooked cereal and milk, a cup of milk and a ginger cooky, or a cereal jelly with milk, a piece of toast and butter and a cup of milk. Apples, oranges and cooked prunes are the best fruits for babies, with an occasional ripe raw peach or pear in season, the latter two to be well chewed. Crackers should not be given children between meals, as they take away the appetite for regular meals, keep the stomach working all the time and give a coated tongue and bad breath.

Children should ordinarily be put in short clothes when three months old, as they are not then hampered with long skirts, which prevent them from kicking and developing the legs, but if this age should be reached in coldest weather, it is better to wait till it grows a little warmer to put on the short dresses, which should be of ankle length.

The baby's first short clothes outfit should consist in summer of from four to six light weight silk and wool, or cotton and wool, ribbed knit bands with shoulder straps, four silk and wool lightest weight shirts, six flannel skirts, lightest weight; six pairs of light weight silk and wool stockings, long enough to be pinned to diapers; four nainsook skirts, six to eight nainsook or dimity dresses, four pairs of soft moccasins, six nainsook or cambric night dresses, or if the first night dresses have been made of outing flannel and washed rather thin, these may be cut off and used.

At night the band, shirt and night dress with the diapers are usually enough, but if the baby has cold feet the stockings may be left on, even in summer. On extremely hot days, and also at night, the shirt may be left off, but the band never.

The winter outfit is the same, except the bands, shirts, skirts and stockings are of medium weight wool and woolen bootees are advisable, in place of the moccasins.

A few garments of real wool serve the purpose of keeping baby warm and are very much to be preferred to a number of cotton ones, which are burdensome and irritating to the child. In summer the baby should be provided with a pique or light weight cashmere coat for the evenings and cooler days. Light weight muslin caps will do for his head until he is large enough to sit up in his carriage, when little pique hats that shade the eyes should be used. In winter, Bedford cord or similar material, lined with lamb's wool, makes a nice coat, and a knitted or warm lined silk hood will complete his costume. Never use fur-lined coats or rugs for children, for besides being unsanitary, they are cumbersome and cause child to perspire and then he feels the slightest draft and takes cold.

Prematurely born children start in with a handicap as compared with those born at term, and for this reason should receive doubly careful attention during the first two years of life.

Children should not be permitted to pick at warts. The surrounding surface may be greased, which will sometimes cause them to disappear, but in extreme cases they should be burned away with silver nitrate stick or acetic acid.

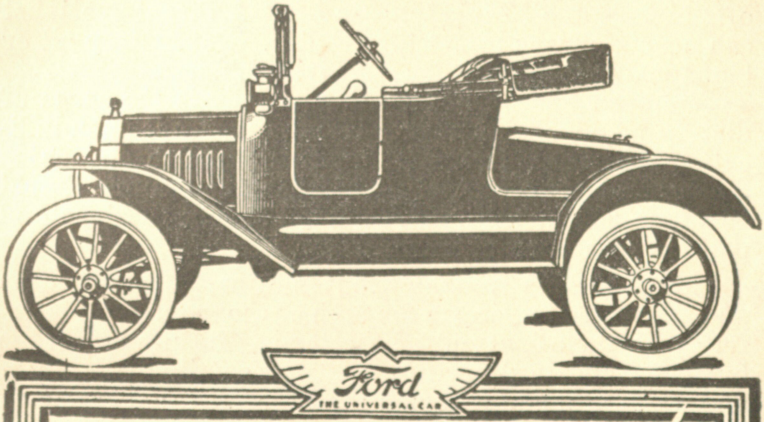
Where there is a cavity, toothache often yields to oil of cloves, oil of peppermint or chloroform dropped on cotton, which is then placed in the cavity.

Equal parts of coal oil and sweet oil, rubbed thoroughly into the hair and scalp, left on for twelve hours and then washed out with castile soap and two quarts of warm water, into which a teaspoon of baking soda has been stirred, is an efficient method of getting rid of head lice.

Bathing cold or fever sores with a solution of boracic acid and then dusting with a powder (equal parts boracic acid and zinc oxide) will be found very effective.

The itching sensation in hives will be to some extent relieved by bathing with a strong solution of bicarbonate of soda. Also, a saline laxative should be given, such as Epsom salts, sodium phosphate.

Dry heat will usually relieve earache, temporarily, at least. Fill a bag with salt, heat and bind over the ear, or make a slender bag, like the finger of a glove, fill with salt, heat and place in the ear. The head may rest on a flannel covered hot water bag. When a child is too



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young to tell what the trouble is himself, earache may be detected by restlessness and fretfulness during the day, wakefulness at night and screaming when the ear is touched. If earaches are neglected in childhood they often result in deafness later in life. A throat specialist can nearly always locate the trouble. Never drop oil or laudanum in the ear under any circumstances.

Too much food in hot weather usually is the cause of diarrhea, and when it makes its appearance it is an indication that there is something the digestive apparatus desires to throw off or get rid of. The food supply should be cut to almost nothing, castor oil should be given and perhaps an enema of warm water.

Thumb sucking is a habit that is injurious to digestion and calculated to deform the arch of the mouth and interfere with the alignment of the teeth. It may be broken by tieing muslin dipped in a strong solution of quinine and water around the thumb for a few days and replacing it whenever baby shows a disposition to again take up this practice.

The pacifier of modern days might be classified as a denaturized "sugar teat," and for sanitary reasons, if no other, should never be placed within reach of baby.

Straining or griping indicates colic. Green stools indicate indigestion. Mucus in the bowel movements points to inflammation or diarrhea. Blood in the actions is a sign of dysentery.

What at first seems to be a persistent cold may prove to be whooping cough, which begins this way and develops gradually, the coughing sometimes producing a small ulcer under and near the tip of tongue. The child becomes feverish and restless in about ten days, and has a bad cough, the eyes appear watery, the face puffy. The coughing spells increase in violence and frequency, the paroxysms ending in a whoop. Vomiting often occurs during the coughing spells.

By all means give a baby plenty of water to drink. An old-time physician has said that mothers and nurses have become uneasy and treated babies for everything under the sun, when all in the world they were crying for was water.

At times a child will develop an inexplainable diarrhea, a fitful appetite, get out of sorts, grind his teeth

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at night, pick his nose or have convulsions; in such an event it will be a good idea to give him worm medicine. The most common variety of worms found in children is the round worm, which resembles the common earthworm and occasionally attains a length of fifteen or sixteen inches. The eggs, which are swallowed with water, fruit or other uncooked food, having reached the small intestine, hatch and the young worms remain there and mature. Worms are best prevented by the use of pure, clean water and food and by cleanliness of the hands and mouth. In treating a child for worms, he should be without food for twelve hours and then given a Santonin troche (one-quarter grain to one grain) and a half grain tablet of calomel. Repeat in four hours. Six hours later give a purgative, oil preferred. A cup of milk and a cracker may be given just after each dose of Santonin. Four hours later the child may go on regular diet.

Pin worms are the ones which cause trouble in the lower bowels and are found as often in grown people as children. Eggs of these are swallowed with water, vegetables, fruit and other uncooked food. They may get into the food from dirty hands. The eggs travel down the intestinal tract, hatching on the way, and the worms reach maturity in the lower bowel. The symptom indicating pin worms is itching around the lower end of the bowel. This symptom, whether in grown-ups or children, should invariably suggest seat worms, and proper examination should be made and treatment begun at once.

Children often push corn, beans and other small objects up their noses. In such a case the first thing to do is to tickle the nostril with a thread or feather until the child sneezes, which may get rid of the object. Do not push anything into the nose, as it may push the object farther up. Have the child blow the nose, and if these means do not avail, send for the doctor.

A black eye should be bathed immediately with hot water and gently rubbed.

For bleeding at the nose, use cold water or ice at the back of the neck or over the bridge of the nose, or a towel wrung out of cold water and placed around the neck with one end over the bridge of the nose. Pinch the nostrils together. If bleeding persists, plug the nose with a piece of cotton. Tie a thread around a piece of cotton

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FIVE POINTS

as large as the thumb, soak in strong tea or lemon juice and push gently up the nose. After the bleeding stops the cotton may be withdrawn by means of the thread.

For choking, slap the back between the shoulders. Raise the arms as high as possible above the head. If the object is small, let it go through the body. Have the child eat bread or potatoes; do not give oil or other laxatives.

For hiccoughs, stop up both ears with the fingers and drink water slowly from a cup held by some one else. Produce sneezing. Pull tongue out and put a piece of sugar or soda on it. Hold out for a few minutes.

For the relief of bee stings, mosquito, fly, spider, bug and other insect bites, applications of damp soda or ammonia will afford relief.

A wound made by a rusty nail should be washed with warm water and soap. Thoroughly cleanse the wound with peroxide, then with alcohol, and paint with several coats of tincture of iodine.

Exclude the air from a burn at once. For this a thick paste made of bicarbonate of soda may be used. Equal parts of linseed oil and lime water make the best treatment if handy; if not use vaseline or sweet oil. In the event of a bruise, where the skin is not broken, apply cloths wrung out of hot water, then apply witch hazel. If the skin is broken, cleanse the wound with castile soap and warm water, then use boracic acid solution and apply zinc oxide.

Peroxide should be used to wash and cleanse cuts, a piece of gauze dipped in boracic acid solution applied and then the cut bandaged.

A sprain should be bathed in very hot salt water for several minutes, then dried and then bandaged with a cloth wet in equal parts turpentine and coal oil.

The table given below is accepted by the scientific world as the ratio of increase in weight and size for a normal baby. The weights are taken without any clothing. The height is ascertained by laying the child on a table or other flat surface and having some one hold his knee down while a tape is stretched from top of head to bottom of foot. The chest is measured by means of a tape passed directly over the nipples and around the child's body midway between full inspiration and full

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expiration. The head measurement is taken directly around the circufmerence of the head, over the forehead and occipital bone.

		Weight Pounds	Height Inches	Chest Inches	Head Inches
Birth.....	Boys.....	7.75	20.6	13.4	13.9
	Girls.....	7.16	20.5	13.0	13.5
6 Months.	Boys.....	16.0	25.4	16.5	17.0
	Girls.....	15.5	25.0	16.1	16.6
12 Months.	Boys.....	20.5	29.0	18.0	18.0
	Girls.....	19.8	28.7	17.4	17.6
18 Months.	Boys.....	22.8	30.0	18.5	18.5
	Girls.....	22.0	29.7	18.0	18.0
2 Years.:	Boys.....	26.5	32.5	19.0	18.9
	Girls.....	25.5	32.5	18.5	18.6
3 Years...	Boys.....	31.2	35.0	20.1	19.3
	Girls.....	30.0	35.0	19.8	19.0

A normal baby will hold his head erect in the fourth month if his trunk is supported. He will be able to sit alone for a few minutes at about the seventh month; in the ninth or tenth month he will try to bear his weight on his feet. At ten or eleven months he will stand alone with slight help, will make first attempt to walk at twelve or thirteen months, and at fourteen to fifteen months of age can walk pretty well. The baby should not be urged to do any of these things, but should be let alone to develop naturally. The average normal baby will cut his first set of teeth as follows: Two lower central incisors, eight to twelve months; two lower lateral incisors and four anterior molars, twelve to fifteen months; four canines, eighten to twenty-four months; four posterior molars, twenty-four to thirty months.

At one year a child should have six teeth; at one and a half years, twelve teeth; at two years, sixteen teeth; at two and a half years, twenty teeth.

The "soft spot" or fontanel on top of the head closes with the average normal baby at eighteen months, but often varies greatly.

The crying of a child does not necessarily indicate that there is anything wrong with the youngster. It is conducive to health and necessary for the expansion of his

lungs and the efficient exercise thereof. The young mother will soon discover that a baby has several different kinds of cries and be able to distinguish the cry of pain from that of simple discomfort, and lose no time in applying the needed relief. Babies do not cry from the love of so doing, though many do from habit, due to wrong training. They are born into the world devoid of habits, either good or bad, and to the mother is given the privilege of properly training her baby, so as to insure for herself more liberty and comfort than she would otherwise have. Of course, when anything is wrong, the baby can only attract attention to himself by crying, and he can scarcely be blamed if he does so in a very vigorous and insistent manner at times. When a child cries he should always be taken up and examined for any justifying cause. When this is done and no cause is apparent, and the crying ceases while he is up, it is usually the cry of temper, in which case he should be put back and left to cry it out. This is a discipline which sorely tries the mother's bravery, but she should not give way to the child's will. To do so would be extremely bad for both mother and child for years to come.

Under ordinary circumstances, when a baby cries, he is supposed to be hungry and is fed, so that some babies are fed when it would be greatly beneficial if they fasted several hours. The cry of colic is easily recognized. It comes in jerks. The baby clutches his hands and draws up his legs, and the abdomen becomes inflated with wind and hard, like a drum. Colic is due to some error in feeding, either feeding too much or feeding the wrong thing. Do not attempt to relieve this by putting the baby to the breast. It is true that it will soothe him for a few minutes, but then the crying will begin again. The warmth of the mother's body is comforting, but the crying begins again because the admittance of more food into the stomach aggravates the original cause. A warm hot water bottle applied to the stomach will afford more relief without aggravating the cause.

The baby should not be fed until the bowels have been relieved. A teaspoon of aniseed water may be given, or when the pain is very severe, a warm bath. First try turning him over on your knee and gently rubbing his back until the pain passes off. The hungry baby will cry incessantly and will stop at the sight of the breast or the

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Graves Shale Paving Brick Co., Graves Mines.
Godwin & Sanders, East Lake.
L. A. Gresham, Coalburg.
B. Ginlian, Pratt City.
Gulf States Steel Co., Alabama City.
Gulf States Steel Co., Altoona.
Ed Gregory, N. Birmingham.

Continued on Page 141—Don't fail to read

feeding bottle, whichever he has been accustomed to. This usually begins shortly after a long sleep. A healthy, properly fed baby will not cry from hunger, and will not cry to be fed at night. The cry of a baby with earache is spasmodic and piercing in intensity, and the hand is usually raised to the affected ear. The application of a woolen cloth wrung out of hot water will often afford the desired relief. Oils or medicines should not be dropped into the ears of either children or older people. They are inclined to catch and hold dust, lint and any particles floating in the air, and the health and hearing qualities of the ear are best protected by keeping it clean and free from foreign matter. The cry of pain from any cause is more or less spasmodic and continues until relieved. Apart from the fact that the cause of crying should receive prompt attention, continuous crying is exhausting and productive of harm. The cry of a baby in delicate health or with digestion troubles is usually fretful and mournful. The same may be said of a baby who is sleepy and tired and wants to be let alone. Every mother should provide herself with a good clinical thermometer. She should know how to use it and know the meaning of the rise and fall of temperature. The healthy temperature of a baby should range from 98 to not more than 99½ degrees, there being often a slight difference between morning and evening. In the morning it may be from 98 to 99, and at night from 97½ to 98½. Babies troubled with indigestion or with catarrhal affections often experience a rise in temperature, but when this passes off within a few hours, there is no cause for anxiety. When there is a temperature of 100 or over, however, and it is continued over that time, it is advisable to send for a doctor. A temperature of 104 is serious and 106 or 107 is decidedly dangerous. An improvement in the course of a disease is usually accompanied by a sudden drop in the temperature. The temperature of a young baby should be taken by the rectum. The thermometer should be lubricated with vaseline and inserted into the rectum about one inch and left there two or three minutes. It is then taken out, the temperature read and noted down on a piece of paper, together with the time it was taken.

OUT OF CITY LIST OF NAMES—Continued from Page 139

L. C. Hawkins, East Lake.
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W. T. Hodges, Odenville.
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S. D. Kilgore, Pell City.
Oscar Kyle, Woodlawn.
Jack Krahenbuel, Avondale.
King & Davis, Adamsville.
Lacy Cash Groc. Co., Pratt City.
C. Larguire, Brookside.
Lessman Bros., Woodlawn.
D. J. Lollar, Brookside.
R. V. Locke, Adamsville.
N. Lorog, N. Birmingham.
Ella Lewis, N. Birmingham.
Joe Latham, N. Birmingham.
R. H. Mathew, Littleton.
Mason Martin, N. Birmingham.
W. S. Mallory, Woodlawn.
W. A. Marshal, Lewisburg.
J. J. Malpeli, N. Birmingham.
J. T. Meadows, N. Birmingham.
Mize & Steed, Brompton.
A. Montana, East Lake.
Mosely & Alexander, Ensley.
Moore & Lee, Brompton.
M. Sherman, Abernant.
R. J. Sloan, Brookside.
Jno. Slorinsky, Brookside.
L. H. Smith, Boyles.
B. W. Smith, N. Birmingham.
Sam Spina, Ensley.
A. R. Sylvester, N. Birmingham.
M. Scalice, Ensley.
W. L. Steed, Odenville.
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J. J. Teague, Ragland, Ala.
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S. P. Wakefield, Pratt City.
W. J. Wheeler, Blossburg.
J. A. Wicker, Fairfield.
C. D. Beunedetto, Cardiff, Ala.
Blatzer & Son, N. Birmingham.
E. E. Brockman, Ensley.
Geo. Brittain, N. Birmingham.
Brookside Pratt Mining Co.,
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W. D. Blalock, Ensley.
C. L. Causler, Republic.
Carmichael & Holcomb,
East Thomas.
W. C. Cargile, Johns, Ala.
Central Coal Co., Kimberly
D. L. Clayton, Mt. Pinson.
T. L. Clay, Boyles.
N. S. Crocker, Pratt City.
Cowgill & Sons, Lewisburg.
The Collins Co., Warrior.
Geo. T. Cockrane, Morris.
J. Tom Rogers, Morris.
I. D. Martin, Pratt City.
B. M. Martin, Coal City.
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Mullins Bros., Helena.
T. W. McCoy, Englenook.
J. K. Norfleet, Woodlawn.
Mathew Nume, Pratt City.
J. A. Otwell, Ensley.
J. C. Orange, Johns.
Pool Groc. Co., Pratt City.
Partridge, Corey & Falkner,
Avondale.
R. L. Patterson, Blountsville.
Pelham Mercantile Co., Pelham.
D. C. Rice, Woodlawn.
Clark Ritchie, Pratt City
I. Rosenfield, Ensley.
J. C. Sargent, N. Birmingham.
J. R. Sadler & Co., East Lake.
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Wood Gro. Co., Woodlawn.
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GOOD THINGS TO KNOW.

What You Can Do With Soda.

To promptly and effectually extinguish a fire, scatter the entire contents of a large package of soda with a sweeping motion at the base of the flames. The action of the soda on the fire is to extinguish it instantly; the heat from the fire releases the carbonic acid gas, which kills the flames. A large package of soda should be kept in every part of the building, home, factory or elsewhere.

For fire in one's clothing—don't run—especially down stairs or out of doors. Wrap the person in a woolen rug or blanket. Keep the head down so as not to inhale the flames. Scatter soda broadcast on the burning parts.

Hair brushes and combs may be made clean and sweet by washing in warm water, in which a spoonful of soda has been dissolved. Rub the brush bristles with another brush or the hand, and place in the sun to dry.

To clean jewelry, put in a bag with dry soda and shake freely or leave your jewelry in dry soda and it will become bright.

Soda is excellent for cleaning and brightening silver and plated ware.

Fruit or tea stains may be removed from table linen or napkins by the prompt application of soda moistened with sweet milk or soap suds.

Sunburn, freckles, an eruption on the face, or mosquito bites, are relieved quickly by washing frequently in a strong solution of soda.

A teaspoon of soda in a glass of water, used as a gargle and to thoroughly rinse the mouth, will prevent gums from ulcerating, relieve ulcerated bone and lessen toothache.

In cases of gout, where the bone is inflamed, a poultice of wet soda will give relief.

A little soda dissolved in water will relieve headache and sour stomach.

When a patient is feverish, wash the skin in warm water and soda.

If an odor arises from an excessive perspiration, use a teaspoon of soda to a pint of hot water.

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If the food distresses the stomach, give half a teaspoon of soda in a glass of milk or water.

If you wish to keep gruels or milk in the sick room, put in a generous pinch of soda to keep them sweet.

After washing out the baby's bottle, let it stand in soda solution before using again.

If your face looks red and shiny in summer, bathe it in warm water with a teaspoon of soda in it.

Applications of hot water and soda will alleviate piles and other inflammations.

If the hair smells sour and feverish, wash it in cool (not too cool) water, with a spoonful of soda to a quart of water. Thoroughly dry and rub in a little bay rum, if convenient.

Wash baby with weak soda solution in warm weather.

For rattlesnake bite, apply to the wound soda slightly moistened, just so as to make a paste. When it becomes discolored, either yellow or greenish, remove and put on a fresh application. Continue to apply in this manner until the soda ceases to become discolored.

A teaspoon of soda dissolved in a small glass of water, a piece of cotton soaked in the solution and placed against the tooth, and the mouth washed with the balance, will alleviate severe cases of toothache.

Soda is a good dentifrice, as it neutralizes the acids which secrete themselves around the teeth, thereby preventing decay. Use with a brush same as toothpowder, or dissolved in water.

Corns and bunions may be softened and relieved by making a salve of lard and soda, and applying at night upon retiring. If this is persevered in they will soon disappear.

A little soda dissolved in water and drank three times a day will be found beneficial to dyspepsia and heartburn.

A teaspoon of soda dissolved in half glass of water frequently gives relief in cases of hiccough.

In case of erysipelas: Add one heaping teaspoon of soda to one pint of boiling water and apply the solution as hot as it can be borne. Apply every fifteen minutes until the first sharp attack is relieved. Then every half hour for a time; after that every hour until cured.

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For burns and scalds: Cover with soda and lay hot cloths on.

If lard becomes strong and rancid in hot weather, reboil it, adding about two or three heaping tablespoons of soda to every ten gallons of fat. This will bring the lard back to its natural sweetness. A little more or less soda will not injure the quality of the lard.

A judicious mixture of soda with the animal feed is a preventive of cholera in poultry and hogs.

To soften water, use a liberal amount of soda dissolved in boiling water.

If soda is used liberally in washing, the clothes will look whiter and not need so much soap nor so much rubbing.

Milk which has changed may be rendered fit for use again by stirring in a little soda.

When the butter fails to come after the usual amount of churning, a teaspoon of soda will expedite matters greatly.

Flowers may be kept fresh a long time by putting a pinch of soda into the water in which they are held. They should be gathered early in the morning or late in the evening and not while the sun is shining upon them.

The odor of the last contents of a bottle or any glass or earthenware vessel may be removed by filling it with cold water, in which a small portion of soda has been dissolved and letting it stand open in an airy place for a few days, changing the water every few days.

As soon as the iritation develops in hives or nettle rash, place half a teaspoonful of soda as far back on the tongue as possible; allow the soda to dissolve, or wash it down with a very small quantity of water; repeat the process every four hours while patient is awake for two or three days. If sleeping, do not awaken patient. The ailment indicates an acidity of the system, which the soda greatly neutralizes.

When oil of vitriol (sulphuric acid) touches flesh, it burns it immediately. Water applied to vitriol burn intensifies it by spreading the acid, and the best antidote is soda, which transforms the acid to a harmless substance.

Hints for Table, Kitchen and House.

In going to the dining room, the host should offer his

arm to the oldest guest or greatest stranger, unless there be a bride present, in which case she takes precedence. The lady whom he escorts should be seated at his right.

The hostess is escorted by the oldest gentleman, greatest stranger or such member of the company as she desires to occupy the seat of honor at her right.

The seat for the carver should be higher than the other chairs at the table.

It is the rule in carving to cut across the fiber of the meat, except in the case of the fillet or under side of the sirloin of beef, which should be sliced with the direction of the fiber.

In carving fish, the flakes should not be broken, else the beauty and delicacy of the fish will be destroyed. The blade of the fish knife should be broad.

The washing of pans and kettles will not involve half the labor if done immediately after using.

Wipe the range with brown paper after cooking, and it can be kept bright with little trouble.

The hot air passages of stoves and ranges should be kept free from soot. Inattention to this will seriously interfere with the heating of the oven.

A basin of cold water placed in an oven will soon lower the temperature.

Rusty flat irons should be rubbed over with beeswax and lard, or beeswax and salt.

Tough meat will be made tender if placed in vinegar water for a few minutes.

To beat the whites of eggs quickly, add a pinch of salt.

Dish cloths should be scalded and washed daily.

For ironing days, a fire of cinders is better than fresh coal.

Milk will keep sweet longer in a shallow pan than in a pitcher.

To prepare a new iron kettle for use and prevent rust, fill with potato peelings and boil for an hour, then wash the kettle with hot water, wipe dry and rub with a little lard.

Turpentine mixed with stove polish prevents rust and gives a brighter gloss than the use of water.

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The mica in stoves can be made clear by washing with vinegar slightly diluted. If the black does not come off immediately, allow the mica to remain in the vinegar a short time.

A small quantity of green sage placed in the pantry will keep out red ants.

Cold fruit requires cold jars. Hot fruit, hot jars.

The hands should be dipped in cold water before making pastry.

The busy housewife will save much time if, on ironing day, she will use the wringer for a mangle to press folded towels, shirts and knit underwear.

If a granite or enamel pan is burned, don't scrape it. After covering the blackened spots with concentrated lye and dampening with water, let it remain over night. Then the scorches can be easily wiped off, leaving the pan like new and without the ugly scratches a knife makes.

Place a cayenne pepper where mice frequent and they will not return.

Tin should never be placed on the stove to dry. It should be washed in hot, soapy water, thoroughly rinsed, wiped dry and kept in a dry place. Clean the seams with a wooden skewer and cloth. To scour tin use Sapolio or whiting; never sand.

Clean silver with French whiting applied with a cloth wet in ammonia or alcohol.

Remove egg stains from silver with bicarbonate of soda.

To clean cut glass bottle, take warm water with one teaspoon baking soda, shake it well and you will find it cleaned perfectly.

To remove the printed matter from cotton sacks, remove the contents, wash the sack, then soak it thoroughly in kerosene over night, then rewash it.

The shine may be taken out of broadcloth or other heavy woolen materials by sponging them with ammonia. Five drops of ammonia in a wineglass of warm water and a small, fine sponge are necessary. Dampen the cloth a little and rub it hard. Hang to dry out of dust.

All kinds of roots keep better in the cellar by throwing fresh dirt over them, especially turnips and beets. They

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can be put in barrels or boxes. Put a layer of dirt in the bottom and a layer every few inches, the roots not to come out to the sides by an inch at least, and then five or six inches of dirt on top.

After washing and drying your woolen blankets, hang them on the line in the open air and beat well with a carpet beater. It will make the blankets appear like new.

An effective fly poison, harmless to human life, is made by dissolving a dram bichromate of potash in two ounces of water and sweetening with a little sugar.

To remove grease from carpet, sprinkle the grease spot thickly with cornstarch, and cover with a newspaper. Leave for a day or two, then sweep it off and the place will be clean.

Ink spots may be removed by dipping the inked parts into a cup or bowl of milk and standing away until the milk sours.

Cut hot bread with a hot knife.

Save water in which meat has been washed to water house plants. It is a good fertilizer.

Never slice a pineapple with the knife it is peeled with.

Rub your hands with lemon juice as soon as you have finished washing dishes. It will keep them from chapping and also keep them white.

A cloth saturated with coal oil will clean a sink, bath tub or basin which has become greasy and discolored from use.

New paint stains can be removed with turpentine. Old stains must first be softened with butter and then rubbed with benzine.

Rub white spots on furniture with essence of peppermint or spirits of camphor, or hold a hot plate from the stove over them.

A teaspoonful of ammonia in a gallon of warm water will often restore color in carpets. It will also remove whitewash from them.

A teaspoonful of good cider vinegar added to one gill of pure, raw linseed oil is said to make an excellent furniture polish.

If the bedstead is really brass, a piece of flannel moistened in salt and vinegar will clean it. Touch the spots

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lightly with the mixture, then with a clean flannel rub the entire surface of the brass, using a little whiting on a dry flannel as a final polish.

Laundry Tips.

Oil stains should be washed out in cold water.

A little borax put in the water in which red bordered towels are washed will prevent them from fading.

To remove ink or iron mold stain, wet them with milk and cover with salt.

Soaking black calico in salt water before washing sets the color.

Put a teaspoonful of powdered borax in your cold starch; it gives an extra stiffness to the linen.

Peach stains may be removed by soaking in the following mixture: Put a pound of sal soda and five cents worth of chloride of lime in an earthen vessel, and pour two quarts of soft water on it; stir until it is dissolved. Continue stirring while stains are soaking.

Where white garments are mud-stained, first try thorough washing in cold water, then soak stain in oxalic acid for five minutes. Rinse in cold water and then ammonia water.

Colored silks should be washed in gasoline or naphtha, out of doors, and rinsed well in clean gasoline.

Vaseline stains should yield to soaking in alcohol or kerosene.

Soak in alcohol or molasses to remove grass stains.

Fruit, tea, coffee, cocoa or chocolate stains may be removed by spreading the stain over a bowl and pouring boiling water through until stain disappears.

Iodine stains should be washed with alcohol, ether or chloroform.

Stains from milk, cream, meat juice, blood or sweet oil should be soaked in cold water for a few minutes; then rub on soap and wash well in cold water.

Rub lard or butter into stains from pitch tar, wheel grease or machine oil, then scrape off the pitch or tar. Wash in cold water, rubbing plenty of soap on the stain.

Scorch stains may be wet with soap suds, then spread in the sun; cover the wet stains with starch made into a paste with soap suds.

R. H. Puckett

DRY CLEANER

2123 5th Avenue BIRMINGHAM

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To launder colored cottons: Make a strong suds with dissolved soap and warm water. Have ready, in two tubs, cold water for rinsing. Put one or two articles at a time in the suds and wash quickly; then put them in the rinsing water. Continue this until all are washed, then rinse well and starch. The starch must be cold. Hang in the shade to dry. If the colored articles are badly soiled, or there is fear of the colors running, soak them in cold water and salt. Allow half a cupful of salt to two gallons of water. Dark cotton goods should be washed in starch. Make the starch with one cupful of flour, one pint of cold water and three quarts of boiling water and strain. To two quarts and a half of starch add two gallons of warm water. Wash the articles in this mixture the same as if it were suds. Wash a second time in a mixture of one pint of starch and two gallons of warm water. Rinse in cold water and hang out to dry. Garments washed in this manner will not require any more starch.

Strong soap or alkalis, like soda, ammonia, javelle water, etc., injure colors.

Heat fades and dulls colors, therefore the water must never be hot.

If the colors have a tendency to fade or run, put salt in the rinsing water. Have the garments turned wrong side out and dry as quickly as possible.

If the washing machine is used several garments may be put in the suds at the same time.

Woolens should be treated in the following manner: Put about two pailfuls of warm water in a tub, and add enough dissolved soap to make a heavy suds. Dissolve two tablespoons of borax in a quart of boiling water. Pour half of this in the suds. Shake the white flannels free from dust and put them in the suds; work the suds through the articles by lifting, squeezing and kneading; never rub or twist woolens. A washing machine is excellent for all woolen fabrics. Squeeze the water from the washed article, rinse in two waters having about the same temperature as the washing suds, put a cupful of dissolved borax in each rinsing water. Pass through the wringer. If you have no wringer put the article in a square of strong cloth and squeeze as free from water as possible. Shake well and hang out to dry. Before the

'Tis A Wise Woman Knows
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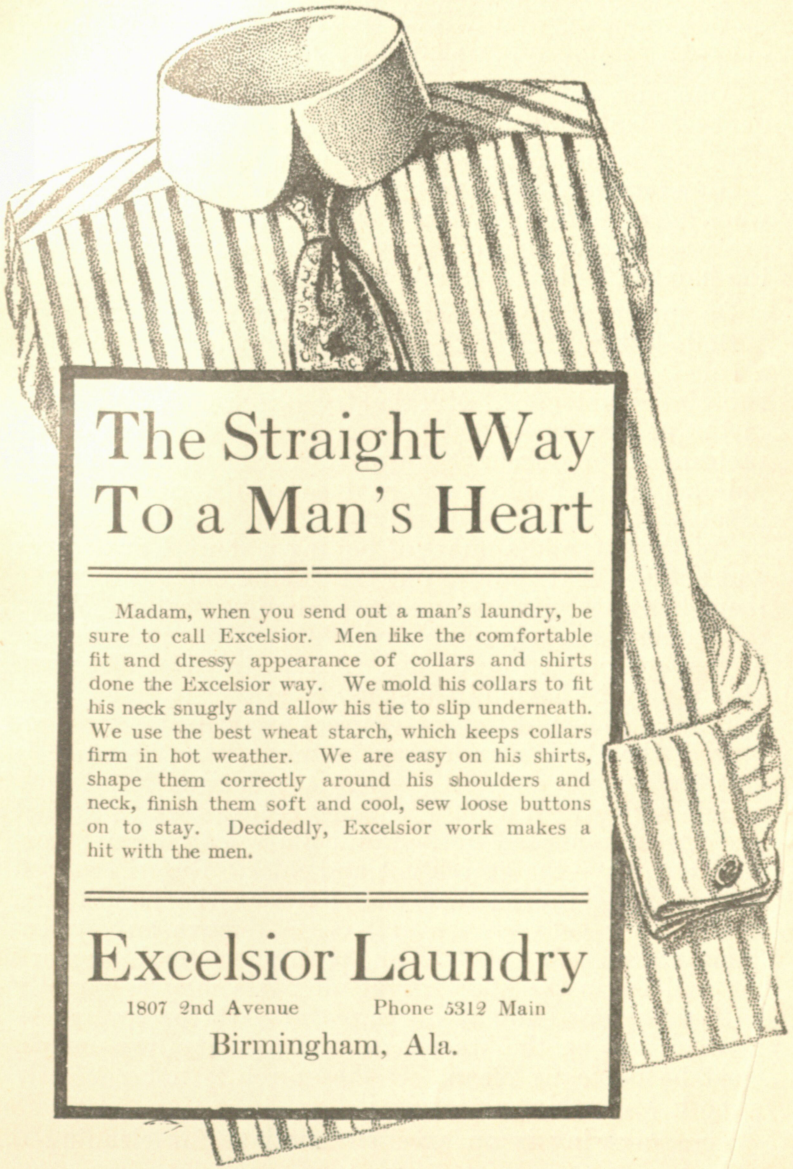

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flannels are fully dried take from the line and press. Do not have the iron very hot, and have a piece of cheese cloth between the iron and the flannel. Have fresh suds and proceed in the same manner with the colored flannels. Alkalis, even when very weak, have a tendency to dissolve and gelatinize wool fiber, and therefore should never be employed in washing woolens.

Ammonia softens and cleanses wool, but has a tendency to make white goods yellow.

Borax cleans, softens and whitens woolens.

High temperature has a tendency to dissolve and shrink wool fiber, therefore the water in which woolen articles are washed and rinsed should be only warm enough for the hand to be borne comfortably in.

Do not dry flannels near a hot stove or register.

Boiled starch gives the most satisfactory results, as a rule. The starch should be boiled for ten minutes; it is better even longer. Mix the dry starch with cold water in the proportion of half a cupful of cold water to two tablespoons of starch. Pour on this, stirring all the time, half a pint of boiling water, if for cuffs, collars, shirt bosoms, etc. If for white skirts and articles that need to be fairly stiff, add a quart of boiling water. For dresses and articles that require only stiffening enough to make them like new, use two quarts of boiling water. When the cooking is nearly completed add a teaspoon of salt and a teaspoon of lard or butter. A few drops of dissolved bluing may be beaten in just as the starch is taken from the fire. When different degrees of stiffness are required, the thick starch may be made, then thinned to suit the various articles. When it is desired to have an article very stiff it should be dried before being starched and the starch used hot. For collars, cuffs, shirt bosoms, etc., have the starch hot and thick. Rub the starch well into the fabric, then clap between the hands, and finally draw between the fingers, to remove any superfluous starch. Dry well. For the thinner starching work the articles in the starch, that all parts may be equally stiff, wring and hang outdoors to dry. All the appliances used in making the starch, as well as your own hands, must be perfectly clean. If the starch is not perfectly smooth when thinned, strain it.

The following is an excellent method for cleaning a

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floor rug: Dissolve one bar of Ivory soap in one gallon boiling water; add four ounces of borax and four ounces of sal soda. Stir five minutes, or until dissolved. Add four gallons of water and last, one-half pint of alcohol, and let stand over night. This makes a jelly, which should be rubbed in with a brush, wiped off with a dry cloth, and, if possible, the rug should be put in the air to dry.

Wash white silk hose in warm suds from white soap, rinse in warm water and hang in the dark to dry. Washed in this way they will not turn yellow.

A large wash may be sprinkled thoroughly and neatly in a few minutes by holding over the tub and turning the water gently through the shower bath.

Miscellaneous Information.

Not all bird fanciers know of the bird's love for nasturtium blossoms. The pepper in the blossoms makes them a desirable addition to the diet. If made to blossom in the house, nasturtiums will minister to the birds' health during the winter.

After the house was finished it was found that the carpenters had left four of the wooden bumpers with rubber tips, that are screwed behind doors. These screwed into the corners of a thick board about a foot square and the whole stained a dark green made a very pretty little foot rest.

Never press a fur-lined coat. It will ruin the skins. Take a very wet sponge and go over the garment thoroughly, if it has become very wrinkled. Then hang on a form in the open air. It will look like a new coat when dry.

No doubt the "man of the house" has discovered that he gets the best light for shaving by placing the mirror before the window, but perhaps he never noticed how much light the frame shuts off. With a window of good size and a good light, this is of little consequence, but on dark days it amounts to considerable. It was reserved for one man to note this in his fifty-sixth year and to find, by careful measurements, that the area of his glass and its frame were almost equal. Try a mirror without a frame and see the difference.

Constantly chewing on one side of the mouth when eating will cause the teeth to weaken on the side that is not used.

A child three years old developed swollen glands. On operating, the surgeon found a tubercular affection, which had been caused by the child sucking his finger. A child's hands, especially if he plays out-of-doors, are constantly coming in contact with germs—another danger in allowing the baby to suck his thumb.

After having a very handsome piece of furniture badly scarred because a visitor rocked against it, a smart housekeeper discovered that by turning the rug so its nap ran the other way, the chairs moved in the opposite direction from the furniture.

When carrying oranges for a train or picnic lunch, remove the skin and seeds at home, wrap in waxed paper and pack with your other lunch.

This for tired feet from walking or standing on them a long time: Lie down upon a couch or bed and elevate the heels as high as possible upon pillows. The higher the elevation of the heels the quicker the cure. Gravity helps to redistribute the blood, and in ten minutes the feet feel rested and there is no swelling. This treatment, resorted to in the middle of the day, makes the afternoon jaunt a pleasure.

A tomato crop may be materially increased if, after the third tier of tomates have set, every leaf is cut off, leaving nothing but the vine.

If window and door screens are cleaned with kerosene it will not only do the work better than water, but it will prevent rust. Best of all, mosquitoes will not now settle upon your screens, to come in when the doors are opened.

To separate the white from the yolk of an egg, break into a funnel, when the white will slip through and the yolk remain in the bowl of the funnel.

A sure remedy for the removal of the dandelions which infest your lawn is a few drops of gasoline applied in the center of the plant with a medicine dropper. Gasoline is absolutely certain death to plant life.

A two-quart glass fruit jar makes a convenient churn for a small quantity of cream. Fill it half full of thick, sour cream, warm it to a temperature of about 65 de-

grees and shake it, and you will have a roll of delicious butter. It is well to unscrew the top once or twice after you begin to shake it, to let the air out. This is a good way to use up small amounts of left-over cream.

If the hot water tank is wrapped in sheet asbestos, it will keep the water hot for a long time. This is very desirable in summer, when you do not care to have a fire in the range all day long.

When dust ruins the appearance of a black chip hat, its freshness may be renewed by rubbing first with a soft cloth wet with olive oil, then with a dry cloth.

Many beautiful stockings are ruined by running stitches, caused by the fasteners of supporters. A row of machine stitching, the color of the stocking, about one inch below where the fastener takes hold, will stop all running stitches. Be sure to stretch the top of stocking wide before stitching, so that it will not bind the knee.

If one has no arbor or pergola in the garden, a good substitute is a Japanese paper beach parasol. The handle, which needs to be lengthened with another piece of bamboo spliced on, is simply stuck in the ground. One is large enough to shade a group of people, and looks very pretty.

A handful of sulphur sprinkled over the fire in the stove creates a gas that puts out a chimney fire. Open the back draft to let the gas escape easily. This is a great thing to remember, and a supply of sulphur should always be at hand.

Every day take the dish towels, put them in a pan with a small piece of soap and cover with cold water. Place on the range and allow them to boil ten or fifteen minutes, then let the cold water run on them and rub the towels gently. Rinse in several waters. This method keeps them white and clean with little labor. Another point, they are washed by themselves, a fact one cannot be sure of when they are sent out with the general wash.

A wire clothes line may be cleaned by rubbing well with a woolen cloth saturated in coal oil and afterward with the same cloth liberally sprinkled with cleansing powder. The result is a bright, shining line that leaves no mark on the clothes.

Little blankets made of several thicknesses of white

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outing flannel, about one yard square, and bound with a dainty ribbon, are used to iron embroidered designs on. Your friend who has many pieces of embroidery will appreciate one of these.

A teaspoon of glycerine in the rinsing water makes the flannels come out like new.

The value of "javelle water" was known to our grandmothers for whitening linens and taking stains out of white goods. Household ammonia and other substitutes have become popular, because they are easily obtained at the grocers, but cannot be called superior to this preparation. For fruit stains it is invaluable, or for mildew or rust. To make a quantity: Four pounds of bicarbonate of soda, one pound chloride of lime; put the soda into a kettle over the fire, add one gallon of boiling water; let it boil from ten to fifteen minutes; then stir in the chloride of lime, avoiding lumps. Use the mixture when cooler. Baby linen and children's pinafores will be benefited by "javelle water," and it should be in every laundry. Keep in bottle tightly corked.

In removing spots, put a thick pad of cheese cloth or other soft material underneath the spot to absorb the dirty cleansing liquid, as it soaks through the garment. If this is neglected the grease or dirt has no place to go, and will spread over the garment, making the spot larger than before, although not quite so dense.

When sweeping a room which has a heavy, old-fashioned dresser in it, remove the lower drawer and sweep under it with a whisk broom.

A white bias fold one and a half inches wide sewn around the inner side of the belt of a black skirt, will prevent the soiling of corset or corset cover.

Washing in cold water will remove raw white of egg, while washing in hot water cooks it into the fabric.

Moderately soft bread from the inner part of a stale loaf will clean a white felt hat.

Boiled icing may be prevented from running off cake by putting the cake with icing on it in a hot oven for just a bare minute. Do not let it stay long enough for the icing to brown, even a little.

Take an ordinary square hat box, cut open at two corners, thus freeing one side of the box. Invert in the

cover and place in this position on the shelf, allowing the cut side to fall on the outside of the cover rim. The hat can be removed or replaced by simply lifting up this free side and letting it fall into place again. This makes a convenient place to keep the hat one is using daily.

If a plumber is not readily obtainable, a leak in a water pipe may be temporarily mended in the following manner: First, shut off the water supply. Wipe the leak carefully, and cover with a small piece of surgeon's plaster. Wind a strip of plaster two or three times over the leak and for an inch or two above and below, taking care to draw the plaster very tightly. Over this place a wad of absorbent cotton two or more inches thick. Wind several times with a strip or cloth or a bandage. If one has it, a piece of oiled silk may be placed over the pack. The whole should be held in place with more tightly wound surgeon's plaster. This pack will hold for twenty-four hours.

For a finger nail which has been mashed or pinched, apply cold water and hold the finger upright for at least half an hour, not letting it hang down for an instant. With this remedy you will never have a black spot or discoloration of the nail.

A plant that blooms profusely in a north window and thrives better without sunlight, is the Calceolaria. This plant has gorgeous pocket-shaped flowers, which last for weeks. Give the Calceolaria all the water it will take, but do not wet foliage or blossoms.

A skillful throat doctor advises the application of oil with an atomizer after an antiseptic wash in the nose or throat. He says that the wash opens the inflamed surface, and if this is not covered with oil, the patient is liable to take cold. He also advises staying in the house five or ten minutes before going out in the cold after treating the nose and throat. If the oil is used, however, the danger is much lessened.

Lingerie ribbons cut the required length and having a piece of match about three-quarters of an inch long sewed in the end, like the tab on a shoe lace, will be found to thread easily through the holes in the beading.

The making of a rose jar is an interesting and entertaining task. The first thing necessary is to get the jar. If you are going to buy one, get an Oriental jar, a great

glazed thing with a double top. These jars come tall enough to reach to your shoulder, as they stand on the floor, and as big around as your body. But if you do not want a jar of this size, something more moderate will answer. It is a good plan to drop five drops of oil of rose geranium in your rose jar while it is empty. One drop of glycerine should be added to prevent evaporation, and when the drops are in the bottom of the jar, incline it from side to side until the bottom is moistened with oil. Now drop in such loose rose petals as you have. Be sure that they are those that have been scattered on the window sill or the table and are partly dried, or they will grow musty. Cover the jar with its one cover, or its two covers, as you happen to have them, and give it a little shake. Set away and do not open again until next day. Meanwhile dry all the rose leaves you can find. Pull the petals off your roses, lay them out in the sun and let them curl slightly. Twenty-four hours' drying will be sufficient to shrivel them a little. Next day drop them into the jar, cover, give the jar a little shake and let stand again. The fourth day, supposing you have added a teacupful of rose leaves each day, pour three drops of oil of rose geranium upon your leaves and a teaspoonful of best alcohol. This holds the natural scent of your leaves and keeps them in good condition. Continue this way until you have filled your jar, every fourth day adding a teaspoonful of alcohol and three drops of oil of rose geranium. When you have filled your jar you can put on the cover and shake it well. Turn it bottom side up, being sure that the cover is tight, and let it rest over night; next day turn the right side up, open and add enough leaves to fill the jar to the very top, for as the leaves dry they settle and the sweet paste within becomes more compact and will admit of more leaves. Do not fill your jar to the brim finally, but let it be only half full. You will find that the leaves settle so rapidly that, even though you keep putting them in, you will still have a jar that is only half full. When they seem to have stopped settling, then is the time to stop adding. A jar that is too full cannot be stirred, and it is in the stirring that the sweetness comes forth in winter. Add now to your jar a teaspoonful of ground cloves and a teaspoonful of ground cinnamon. Shake the jar and leave the cover off over night. Next day turn the leaves out upon

a china dish, and when the last leaf can be shaken from the inside of the jar, pour into it one drop of glycerine and three drops of attar of roses. This precious attar seems to enter at once into the composition of the very porcelain with which it is lined. While it is giving forth this sweetness from the attar, shovel the rose leaves back in again, all pulpy and drying as they are, and on top of the mass pour a tablespoonful of alcohol and six drops each of oil of lavender and rosemary. Add one ounce of Tonka bean in powder and two ounces of iris. Now cover your jar well and set it away. In three days open again and stir the contents. Repeat every three days for a month, and you will, at the end of that time, have a rose jar that is complete, one that will send out its fragrance through the room all winter and which, when open, will fill the whole house with a soft, sweet scent, at once invigorating and delightful.

How to pack away your winter clothes is a subject of more importance than is generally conceded. In the olden time the thrifty housewife usually aired the family woolens on a clothes line and beat them brutally with a hickory stick, and then she placed in a Saratoga trunk, one upon the other, regardless of their future appearance or her own. She patted them down flatter than flounders, and sprinkled new black pepper between the layers, and this was all there was to it. But times have changed. We now try to preserve the shape of the garment, as well as the fabric, and the entire moth-dispelling process must be, as far as possible, wrinkle proof. The burden of packing can be considerably lightened if done systematically and at one time. Collect your garments, one and all, and take them out into the yard. Hang them on the clothes line, or spread them on old sheets upon the ground. If you are only a boarder or a flat dweller, take the clothes to the roof, the balcony or at least the open window, but do your best to bring them into the glorious sunlight. Fresh air and sunlight are nature's own germ destroyers, and too much cannot be said in favor of a prolonged airing under the brighest of late spring suns. The climate varies too much to set upon any absolute time for the packing away of woolens, but they should not be allowed to lie about until the hot summer air has warmed the moths to activity. No matter what the article, begin by removing the dust, but do it

with due regard to the material in hand. For instance, hats may be brushed with a soft wad of velvet, a hat brush or clothes brush, according to their texture. Beaver hats are shaken gently between the hands; brushing would merely serve to carry the particles farther into the nap. The velvet covered shape requires a soft hat brush, while some felts need a clothes brush. Boys' and girls' school suits and dresses need more strenuous measures. Here we resort to the stick and the whisk broom, when the material will stand them. They are brushed on the right and on the wrong sides, and the wads of dust are removed from beneath every seam. Coat suits and skirts are usually strong enough to stand a reasonable brushing and beating. Loosely woven cloth dresses are neither beaten nor shaken, nor should velvet be beaten—it requires a velvet brush, while corduroys and velveteens require a whisk. Automobile wraps, storm coats, shawls, steamer rugs, top coats and children's outer garments are in a heavy class to themselves, and require extra exertion for the beating out of a season's dust. Gloves, mittens, scarfs, caps, sweaters, gaiters, leggings and knitted slippers are sunned and brushed, and each one that can be is turned inside out and the crevices cleaned. Now in this dirt banishing process you will have revealed to yourself every grease and dirt spot. Remove these with a reliable grease remover, also scour every cloth coat collar. Automobile and driving clothes particularly need this care, and not infrequently must be sent to a cleaner before being packed away. Nothing showing a vestige of grease should go into summer quarters, for the spot is the moth's first point of attack. When a good grease remover will not take out a spot on cloth, you may depend upon it that it is not grease, and that it needs merely suds from pure white soap. Rub this thoroughly into the spot, leave it a few minutes and then mop it clean with a wet rag, remembering always that the only cloth with which to rub a fabric is a piece of the same material. Spots on black velveteen will often yield to this soap-and-water treatment, but this does not mean that you can wash a velveteen dress, nor does it imply that delicate shades of velveteen will stand soap and water. It is wise to try the process on a scrap of each material. The only method for the cleansing of velveteen or velvet is the steaming of the spot from the wrong side. Cleaning is such an

important part of this packing process that double stress is laid upon it. The chances are better for a clean woolen garment hung away in a closet without any attempt at packing away than the hiding away of a grease-spotted one between whole layers of moth destroyers. The whole thing is not worth doing if it is not done well. Linen and cotton garments should have all starch removed and be put away rough dried, that is, unironed. Now sort the different articles and pack each lot separately, beginning again with the hats. All soft felts from which the trimmings have been removed are wrapped, each in its own tissue paper, after being sprinkled with moth destroyer, and then they are fitted over each other. All the crevices are stuffed with crumpled tissue paper, so that the shapes may be preserved as much as possible. Flaked camphor with naphtha is the accepted destroyer, and has never been known to discolor the most delicate fabric. Pepper as an exterminator has been abandoned, because moths seem to actually like its warmth. It is generally desirable to remove hat trimmings, but the occasional hat that cannot readily be restored by the amateur is kept intact. It is sprinkled with the flakes, covered with tissue paper and then suspended, upside down, from the lid of its own exclusive band box, to prevent its becoming crushed or matted. Plumes, feathers and tips are also suspended in their own boxes. They are wrapped separately in tissue paper and then in oil paper, to keep out the dampness, and the flakes are distributed in the box. Suspend the package to the lid with a coarse thread. In the case of a wide brim, the edges are slipped beneath strips of tape or elastic, permanently fastened to the inside of the box lid. All quills, wings, breasts and fur strips are removed from hats and are wrapped and packed in a box together. Wings, if not thoroughly cured, are liable to be eaten by worms, and the dry salt that some persons use is a mistake. Salt draws moisture. Continue the curing process by wrapping the bony part of the wing in absorbent cotton, sprinkled with arsenic. When there is available closet room, much pressing and renovating may be saved by the hanging of dresses, skirts, coats, wraps and evening gowns. They are buttoned and hooked into shapeliness and hangers covered with crushed tissue paper, sprinkled with flakes, which is used also to fill the sleeves and puff out the bows and trimmings. Dress covers for

these may be made of old sheets. If you are suspicious about any one article that has shown a tendency to attract moths, envelop it in a muslin bag, which may be opened from time to time for the purpose of airing or for examination. Moths have been known to literally devour a large garment in several months. When closet room is scarce, skirts are laid in a trunk, each in its own paper. If possible, use the tray for some perishable frock and remember that the tailor's box, within a trunk, or outside of it, will keep a single suit or gown better than packing in a general pile. A trunk may be reserved for all the small articles of apparel. They are laid in layers, with flakes between them. An old chest or a discarded attic bureau will hold such things as bath robes, night dresses, flannel and mohair petticoats, woolen underwear and merino stockings. Furs should be thoroughly aired on a sunny day and on the following morning carefully combed all over with a nickel comb, shaking from time to time, in order that the dust and dirt may fall out. Next place the fur on a pillow covered with a white slip and beat thoroughly but gently with a rattan furniture beater. Patience is needed for this beating; half an hour is not too long for the smallest piece of fur, and one hour for the larger pieces. Now have ready a fine, soft clothes brush and a basin of pure cold water; dip the brush in the water and stroke the fur as it runs evenly and smoothly, until the surface is all wet. Hang it up until it is perfectly dry, and then beat it again to make the fur fluffy once more. White or light-colored furs need an extra cleaning, which may be given by placing ordinary corn meal on a flat pan in the oven until heated, then rub it into the skin, shaking it out when soiled, and renewing it, until finally the meal, when shaken out, is quite clean. Do not put the furs in boxes or trunks, but suspend each piece, whether it be stole, muff or coat, in a separate moth-proof bag of its own. These bags, made of strong tar or naphtha-scented parchment, are purchasable in many sizes, but the same result may be accomplished at less expense. Get wide, tough hardware paper and cut it into ample sizes. Make flat bags, with the seams on the outside. Sew an ordinary raw seam on the machine and then turn the cut edges back against the stitching, to make a sort of rough fell, and stitch a second time. After the fur piece is slipped in through the top opening,

close it, folding a double hem and sewing it by hand with coarse linen thread. Necessarily, the inside of the bag, including the garment, is liberally sprinkled with moth destroyer. If it be a coat, the pockets and cuffs are filled with it, and owners of expensive fur rip a seam in the lining of coats, muffs or stoles and drop in a quantity of moth balls. Cheese cloth bags filled with flakes are sewed to the garment for added protection. The metal hanger or tape loop is slipped through an opening at the top of bag and then the last remaining openings are sealed with paper and library paste.

Sheets of postage stamps carried in the pocket often stick together. When this happens do not soak them apart, but lay them on a smooth surface and pass a hot flat iron over them. They can then be readily separated without destroying the gum.

In packing bottles of medicine for traveling, if a strip of adhesive plaster is placed over the cork and stuck to the sides of the bottle neck, it will hold the cork in securely without its being pressed in so tight as to require a corkscrew to remove it.

A rapid method of computing interest is as follows:

4 per cent., multiply the principal by the number of days, cut off the right-hand figure and divide by 9.

5 per cent., multiply by number of days and divide by 72.

6 per cent., multiply by number of days, cut off right-hand figure and divide by 6.

8 per cent., multiply by number of days and divide by 45.

9 per cent., multiply by number of days, cut off right-hand figure and divide by 4.

10 per cent., multiply by number of days and divide by 36.

In making contracts, signing and taking notes and transacting other business which requires a slight knowledge of law, the information given below is worth remembering:

Ignorance of the law excuses none.

It is a fraud to conceal a fraud.

The law compels no one to do impossibilities.

An agreement without consideration is void.

Signatures made with a lead pencil are good in law.

A receipt for money paid is not legally conclusive.

The acts of one partner bind all the others.

Contracts made on Sunday cannot be enforced.

A contract made with a minor is invalid.

Contracts for advertising in Sunday newspapers are invalid.

Each individual in a partnership is responsible for the whole amount of the debts of the firm.

Principals are responsible for the acts of their agents.

Agents are responsible to their principals for errors.

A note given by a minor is void.

It is not legally necessary to say on a note "for value received."

A contract made with a lunatic is void.

A note drawn on Sunday is void.

A note obtained by fraud, or from a person in a state of intoxication, cannot be collected.

If a note be lost or stolen, it does not release the maker; he must pay.

The endorser of a note is exempt from liability if not served with notice of its dishonor within twenty-four hours of its non-payment.

Demand notes are payable on presentation, without grace, and bear legal interest, after a demand has been made, if not so written. An endorser on a demand note is holden only for a limited time, variable in different States.

A negotiable note must be made payable either to bearer or be properly endorsed by the person to whose order it is made. If the endorser wishes to avoid responsibility, he can endorse, "without recourse."

A joint note is one signed by two or more persons, who each become liable for the whole amount.

Three days' grace are allowed on all time notes; after the time for payment expires, if not then paid, the endorser, if any, should be legally notified, to be holden.

Notes falling due on Sunday, or on a legal holiday, must be paid the day previous.

Altering the note in any manner by the holder makes it void.

An endorser has a right of action against all whose names were previously on a note endorsed by him.

Deposits of money in a bank placed to the credit of depositors are always subject to their check for full amount due.

The figures given below will be found of great convenience in estimating measures:

A pint of water weighs nearly one pound, and is equal to about twenty-seven cubic inches, or a square box 3 inches long, 3 inches wide and 3 inches deep.

A quart of water weighs nearly two pounds, and is equal to a square box about 4 inches long, 4 inches wide and 3½ inches deep.

A gallon of water weighs from 8 to 10 pounds, according to the size of the gallon, and is equal to a box 6 inches long, 6 inches wide and 6, 7 or 7½ inches deep.

A peck is equal to a box 8 inches long, 8 inches wide and 8 inches deep.

A bushel almost fills a box 12 inches wide, 12 inches high and 24 inches long, or 2 cubic feet.

A cubic foot of water weighs about 62½ pounds, and contains from seven to eight gallons, according to the kind of gallon used.

A barrel of water almost fills a box 2 feet wide, 2 feet long and 1½ feet deep, or 6 cubic feet.

Petroleum barrels contain 40 gallons, or nearly five cubic feet.

If you are about to let a building contract, the facts given below may interest you:

One thousand shingles, laid 4 inches to the weather, will cover 100 square feet of surface, and five pounds of shingle nails will fasten them on.

One-fifth more siding and flooring is needed than the number of square feet of surface to be covered, because of the lap in the siding and matching.

One thousand laths will cover seventy square yards of surface, and eleven pounds of lath nails will nail them on. Eight bushels of good lime, 16 bushels of sand and one

bushel of hair will make enough mortar to plaster 100 square yards.

A cord of stone, three bushels of lime, and a cubic yard of sand will lay 100 cubic feet of wall.

Five courses of brick will lay one foot in height on a chimney; six bricks in a course will make a flue 4 inches wide and 12 inches long, and eight bricks in a course will make a flue 8 inches wide and 16 inches long.

Cement one bushel and sand two bushels will cover 3½ square yards one inch thick; 4½ square yards ¾ inch thick, and 6½ square yards ½ inch thick.

The Seven Wonders of the Ancient World are usually given as follows: The Pyramids of Egypt, Pharos of Alexandria, Walls and Hanging Gardens of Babylon, Temple of Diana at Ephesus, the Statue of Olympian Jupiter, Mausoleum of Artemisia, Colossus of Rhodes.

The wonders of America are legion, but some one with a mania along that line has named seven as given below:

Yosemite Valley, California. From eight to ten miles long and about a mile in width. The slopes are very steep and range about 3,500 feet high; has a perpendicular precipice 3,000 feet high, and waterfalls from 700 to 1,000 feet.

Niagara Falls, about three-quarters of a mile wide, and has a fall of 175 feet.

Natural Bridge, over Cedar Creek, in Virginia.

Mammoth Cave, Kentucky.

The New York and Brooklyn Bridge.

Lake Superior, the largest lake in the world.

Washington Monument, in Washington, D. C., 555 feet in height.

City Park, in Philadelphia, Pa., the largest park in the world.

If you will carefully study the accompanying short lesson in Palmistry, it will not be necessary to "cross the palm" of the dark-eyed denizen of the striped tent on the Pike with silver, as you will not only be able to read your own palm, but those of your friends. Palmistry relies

upon the markings of the left hand; if in doubt, consult the right hand for corroborative indications. The thumb and fingers are each divided by the joints into three phalanges. The fingers are named (beginning from the forefinger) Jupiter, Saturn, Apollo and Mercury. The fleshy pads at the base of each finger are termed "Mounts," and are named after the fingers below which they occur. The "Ball" (or third phalange) of the thumb is called the Mount of Venus. The center of the palm is the Plain of Mars. Below the Mount of Mercury is the Mount of Mars; extending from the last mount up to the wrist, is the Mount of Luna, or the Moon. The Line of Life should, if perfect, completely encircle the Mount of Venus. A long, regular line, deep but narrow, soft in color, denotes long, healthy life and good character. The Line of Mars, or Martial, should be of a clear red color. It is a sister, or inner line, of the Line of Life. In soldiers it indicates success in fight, in civilians violence of the passions. The Line of the Heart extends from the Mount of Jupiter to the Mount of Mercury. If deep, of a good color, and narrow, it indicates a strong, good heart, firm affection and even temper.

The Line of the Head runs from the base of the Mount of Jupiter to the Mount of Mars. If even, narrow and long it indicates strong will and judgment and acute mental perception.

The Line of Fortune or Fate runs in a straight, unbroken line from the "Bracelet" to the base of the second finger. Broken lines denote troubles. Both hands should be read when studying the Line of Fate.

The Line of Apollo or Brilliancy, a very lucky line to possess, rises from the plain of Mars, or from the Life Line, toward the third finger. If straight and clear, it indicates fame in the arts or wealth.

The Line of Health starts diagonally from the wrist to meet the Line of the Head, close to the Mount of Mars, or at the top of Mount Luna. This line is unfortunately often wanting.

Via Lasciva ("The Milky Way"), rarely noticeable, runs from the wrist across the Mount of Luna; it indicates a cunning and faithless spirit. It is liable to be mistaken for the Line of Health.

The Girdle of Venus, fortunately uncommon, is as a whole indicative of a bad character.

Bracelets of Life—These encircle the wrist, and denote length of life, fortune and happiness, especially if they rise toward the hand.

Every woman has some chance to marry—it may be one to fifty, or it may be ten to one that she will. Representing her entire chance at 100 at certain points of her progress in time, it is found to be in the following ratio:

Fifteen and twenty	14½	per cent.
Twenty and twenty-five	52	per cent.
Twenty-five and thirty	18	per cent.
Thirty and thirty-five	15½	per cent.
Thirty-five and forty	3¼	per cent.
Forty and forty-five	2½	per cent.
Forty-five and fifty	2-3 of 1	per cent.
Fifty and fifty-six	1-4 of 1	per cent.

After 60, it is 1-10 of 1 per cent., or one chance in a thousand—a pretty slender figure, but figures are often slender at that age.

Wedding anniversaries are from the first to seventy-fifth, as here given:

First	Cotton	Fifteenth	Crystal
Second	Paper	Twentieth	China
Third	Leather	Twenty-fifth	Silver
Fifth	Wooden	Thirtieth	Pearl
Seventh	Woolen	Fortieth	Ruby
Tenth	Tin	Fiftieth	Golden
Twelfth	Silk and Linen	Seventy-fifth	Diamond

Birth Stones and Flowers.

January—Garnet—Wild Rose.

By those who in this month are born
No gems save Garnets shall be worn;
They will insure you constancy,
True friendship and fidelity.

February—Amethyst—Pink.

The February born will find
Sincerity and peace of mind,
Freedom from passion and from care
If they the Amethyst will wear.

March—Bloodstone—Violet.

Who on this world of ours their eyes
In March first open, shall be wise;
In days of peril firm and brave,
And wear a Bloodstone to their grave.

April—Diamond—Easter Lily.

Those who in April date their years
Diamonds should wear, lest bitter tears
For vain repentance flow.
This stone
Emblem of innocence is known.

May—Emerald—Lily of the Valley.

Who first beholds the light of day
In Spring's sweet flowery month of May,
And wears an Emerald all her life,
Shall be a loved and happy wife.

June—Agate—Rose.

Who comes with Summer to this earth
And owes to June her day of birth,
With ring of Agate on her hand
Can health, wealth and peace command.

July—Ruby—Daisy.

The glowing Ruby should adorn
Those who in warm July are born;
Thus will they be exempt and free
From love's doubts and anxiety.

August—Sardonyx—Pond Lily.

Wear a Sardonyx, or for thee
No conjugal felicity.
The August born without this stone
'Tis said must live unloved, alone.

September—Sapphire—Poppy.

A maiden born when Autumn's leaves
Are rustling in September's breeze,
A Sapphire on her brow should bind,
'Twill cure diseases of the mind.

October—Opal—Cosmos.

October's child is born for woe,
And life's vicissitudes must know;
But lay an Opal on her breast
And hope will lull the woes to rest.

November—Topaz—Chrysanthemum.

Who first comes to this world below,
With dull November's fog and snow,
Should prize the Topaz's amber hue,
Emblem of friends and lovers true.

December—Turquoise—Holly.

If cold December gave you birth,
The month of snow and ice and mirth,
Place on your hand a Turquoise blue,
Success will bless you if you do.

You may not be superstitious, but in choosing your wedding day you might just as well get on the safe side and choose one on which no unpleasant saying reflects.

Most of the months seem propitious:

Marry when the year is new,
Always loving, kind and true.
When February birds do mate
You may wed, nor dread your fate.
If you wed when March winds blow,
Joy and sorrow both you'll know.
Marry in April when you can,
Joy for maiden and for man.
Marry in the month of May,
You will surely rue the day.
Marry when June roses blow,
Over land and sea you'll go.
They who in July are wed,
Must always labor for their bread.
Whoever wed in August be,
Many a change are sure to see.
Marry in September's shine,
Your living will be rich and fine.
If in October you do marry,
Love will come, but riches tarry.

If you wed in bleak November,
Only joy will come, remember.
When December snows fall fast,
Marry, and true love will last.

And the week days:

Monday for health,
Tuesday for wealth,
Wednesday the best day of all;
Thursday for losses,
Friday for crosses,
Saturday no luck at all.

Beware a Lenten wedding:

Marry in Lent,
You'll live to repent.

It is a good omen for a bride to weep on her wedding day, for it signifies that all her tears have been shed and that joy awaits her in the new life.

"With all my worldly goods I thee endow" is betokened by the bestowal of the ring, as it was used in ancient times, before money was invented, as the symbol of poverty. Its place is on the third finger, because of the old belief of an intimate connection between that finger and the heart. Then later the thumb and first two fingers came to stand for the Trinity, and the third was dedicated to the husband, toward whom was the wife's duty, next to God. The threshold of church and home must be crossed with the right foot first, if good fortune is to attend the union. The groom must take care to catch sight of the bride first, or she will be the "head of the family." The throwing of a shoe after one starting on a venture has long been held to bring good luck.

The bride who neglects to wear—

"Something old, something new,
Something borrowed, something blue,"

is careless of the sentiment attached to it: That she will be faithful to old ties as well as new—blue being the badge of loyalty.

These be the things that great writers have said of women:

Who is't can read a woman?—*Shakespeare.*

But yet believe me, good as well as ill,
Woman's at last a contradiction still.—*Moore.*

Every woman is in the wrong until she cries, and then she is in the right instantly.—*Punch.*

That man who hath a tongue
I say is no man.
If with his tongue he cannot
Win a woman. —*Shakespeare.*

Where is the man who has the power and skill
To stem the torrent of a woman's will?
For if she will, she will, you may depend on't,
And if she won't, she won't; so there's an end on't.
—*From a Pillar in Canterbury.*

The fortitude that becomes a woman may be cowardice in a man, and the modesty that becomes a man would be pertness in a woman.—*Tacitas.*

No woman is ugly if she is well dressed.—*Spanish.*
Seek to be good, but aim not to be great;
A woman's noblest virtue is retreat.—*Lyttleton.*
Earth's twin-born rulers, fame and woman's love.—*Bulwer.*

If you want to know a woman's true character, linger after the guests are gone and listen to what she has to say about them.

A woman without religion,
A flower without perfume.—*German.*

Talk to woman as much as you can; 'tis the best school. —*Beanconsfield.*

A man frequently admits that he was wrong; a woman, never—she was only mistaken.

A beautiful and chaste woman is the perfect workmanship of God, true glory of the angels, the rare miracle of the earth and the sole wonder of the world.—*Hermes.*

If ladies be but young and fair,
They have the gift to know it.—*Shakespeare.*

The world is the book of women.—*French.*
Earth's noblest thing, a woman perfected.—*Lowell.*

A woman has never spoiled anything by silence.

'Tis beauty that oft doth make women proud,
'Tis virtue that doth make them most admired,
'Tis modesty that makes them seem divine.
—*Shakespeare.*

Of all the paths that lead to woman's heart, pity is the straightest.—*Beaumont.*

Women are ever in extremes. They are either better or worse than men.—*Bruyere.*

A baby is a mother's anchor.—*Bucher.*

When once a young heart of a maiden is stolen,
The maiden herself will steal after it soon.—*Moore.*

The world well tried—the sweetest thing in life,
Is the unclouded welcome of a wife.—*N. P. Willis.*

The Language of Flowers.

"There's rosemary, that's for remembrance: pray you, love, remember: and there is pansies, that's for thoughts. There's fennel for you, and Columbines: there's rue for you; and here's some for me; we may call it, herb of grace o' Sundays: you may wear your rue with a difference: and here's a daisy: I would give you some violets; but they withered all when my father died."
—*Hamlet, Act IV., Scene V.*

Astor—Variety.
Camelia—Loveliness.
Candytuft—Indifference.
Carnation, white—Disdain.
Clover, four-leaf—Be mine.
Clover, white—Think of me.
Clover, red—Industry.
Columbine—Folly.
Daisy, colored—Beauty.
Deadly Nightshade—Falsehood.
Fern—Fascination.
Forget-Me-Not.
Geranium, scarlet—Consolation.
Lily of the Valley—Unconscious sweetness.
Marguerite—Innocence.
Mignonette—Exquisiteness.
Monkshead—Danger.
Myrtle—Love.
Oak—Hospitality.
Orange Blossoms—Chastity.
Pansy—Thought.
Passion Flower—Faith.
Primrose—Inconstancy.
Rose—Love.
Rose, damask—Beauty ever new.
Rose, yellow—Jealousy.
Rose, white—Worth.

Geranium, rose—Preference.
Goldenrod—Caution.
Heliotrope—Devotion.
Hyacinth, white—Loneliness
Hyacinth, purple—Sorrow.
Ivy—Friendship.
Lily, day—Coquetry.
Lily, white—Sweetness.
Lily, yellow—Gayety.
Lily, water—Purity.
Rose, moss—Confession of love.
Smilax—Constancy.
Straw—Argument.
Straw, broken—Broken agreement.
Sweet Pea—Depart.
Tuberose—Dangerous pleasure.
Thistle—Sternness.
Verbena—Pray for me.
White Jasmine—Amiability.

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BIRMINGHAM, ALA.

Daily Expense Account

DAILY EXPENSE

Date	Rent and Board	Groceries	Meat	Dry Goods and Clothing	Fuel and Light	Laundry
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28						
29						
30						
31						
TOTAL						

MONTH OF 191

Date	Miscellaneous Expense					Total Expense
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
TOTAL						

Our Hand Laundry Department will do your Fine Garments Faultlessly EXCELSIOR LAUNDRY PHONE 5 3 1 2

Date		Date 9/7/20		Date	
Pieces	ARTICLES.	Pieces	ARTICLES.	Pieces	ARTICLES.
4	Shirts	5	Shirts		Shirts
	Collars	8	Collars		Collars
	Cuffs		Cuffs		Cuffs
	Drawers		Drawers		Drawers
	Undershirts		Undershirts		Undershirts
2	Union Suits	1	Union Suits		Union Suits
	Pajamas		Pajamas		Pajamas
2	Night Shirts		Night Shirts		Night Shirts
2	Socks		Socks		Socks
3	Handkerchiefs	8	Handkerchiefs		Handkerchiefs
4	Dresses	6	Dresses		Dresses
1	Waists	1	Waists		Waists
1	Skirts	1	Skirts		Skirts
	Chemises		Chemises		Chemises
	Undervests	3	Undervests		Undervests
1	Drawers		Drawers		Drawers
	Stockings	7	Stockings		Stockings
1	Night Gowns	1	Night Gowns		Night Gowns
	Corset Covers		Corset Covers		Corset Covers

Date		Date		Date	
Pieces	ARTICLES.	Pieces	ARTICLES.	Pieces	ARTICLES.
	Shirts		Shirts		Shirts
	Collars		Collars		Collars
	Cuffs		Cuffs		Cuffs
	Drawers		Drawers		Drawers
	Undershirts		Undershirts		Undershirts
	Union Suits		Union Suits		Union Suits
	Pajamas		Pajamas		Pajamas
	Night Shirts		Night Shirts		Night Shirts
	Socks		Socks		Socks
	Handkerchiefs		Handkerchiefs		Handkerchiefs
	Dresses		Dresses		Dresses
	Waists		Waists		Waists
	Skirts		Skirts		Skirts
	Chemises		Chemises		Chemises
	Undervests		Undervests		Undervests
	Drawers		Drawers		Drawers
	Stockings		Stockings		Stockings
	Night Gowns		Night Gowns		Night Gowns
	Corset Covers		Corset Covers		Corset Covers

Superior Dry Cleaning for Ladies Excelsior Laundry PHONE 5 3 1 2

Date		Date		Date	
Pieces	ARTICLES.	Pieces	ARTICLES.	Pieces	ARTICLES.
	Shirts		Shirts		Shirts
	Collars		Collars		Collars
	Cuffs		Cuffs		Cuffs
	Drawers		Drawers		Drawers
	Undershirts		Undershirts		Undershirts
	Union Suits		Union Suits		Union Suits
	Pajamas		Pajamas		Pajamas
	Night Shirts		Night Shirts		Night Shirts
	Socks		Socks		Socks
	Handkerchiefs		Handkerchiefs		Handkerchiefs
	Dresses		Dresses		Dresses
	Waists		Waists		Waists
	Skirts		Skirts		Skirts
	Chemises		Chemises		Chemises
	Undervests		Undervests		Undervests
	Drawers		Drawers		Drawers
	Stockings		Stockings		Stockings
	Night Gowns		Night Gowns		Night Gowns
	Corset Covers		Corset Covers		Corset Covers

Date		Date		Date	
Pieces	ARTICLES.	Pieces	ARTICLES.	Pieces	ARTICLES.
	Shirts		Shirts		Shirts
	Collars		Collars		Collars
	Cuffs		Cuffs		Cuffs
	Drawers		Drawers		Drawers
	Undershirts		Undershirts		Undershirts
	Union Suits		Union Suits		Union Suits
	Pajamas		Pajamas		Pajamas
	Night Shirts		Night Shirts		Night Shirts
	Socks		Socks		Socks
	Handkerchiefs		Handkerchiefs		Handkerchiefs
	Dresses		Dresses		Dresses
	Waists		Waists		Waists
	Skirts		Skirts		Skirts
	Chemises		Chemises		Chemises
	Undervests		Undervests		Undervests
	Drawers		Drawers		Drawers
	Stockings		Stockings		Stockings
	Night Gowns		Night Gowns		Night Gowns
	Corset Covers		Corset Covers		Corset Covers

Our Rough Dry and Flat Work is Economical and Labor-Saving EXCELSIOR LAUNDRY PHONE 5 3 1 2

Date		Date		Date	
Pieces	ARTICLES.	Pieces	ARTICLES.	Pieces	ARTICLES.
------	Shirts	------	Shirts	------	Shirts
------	Collars	------	Collars	------	Collars
------	Cuffs	------	Cuffs	------	Cuffs
------	Drawers	------	Drawers	------	Drawers
------	Undershirts	------	Undershirts	------	Undershirts
------	Union Suits	------	Union Suits	------	Union Suits
------	Pajamas	------	Pajamas	------	Pajamas
------	Night Shirts	------	Night Shirts	------	Night Shirts
------	Socks	------	Socks	------	Socks
------	Handkerchiefs	------	Handkerchiefs	------	Handkerchiefs
------	Dresses	------	Dresses	------	Dresses
------	Waists	------	Waists	------	Waists
------	Skirts	------	Skirts	------	Skirts
------	Chemises	------	Chemises	------	Chemises
------	Undervests	------	Undervests	------	Undervests
------	Drawers	------	Drawers	------	Drawers
------	Stockings	------	Stockings	------	Stockings
------	Night Gowns	------	Night Gowns	------	Night Gowns
------	Corset Covers	------	Corset Covers	------	Corset Covers

Date		Date		Date	
Pieces	ARTICLES.	Pieces	ARTICLES.	Pieces	ARTICLES.
------	Shirts	------	Shirts	------	Shirts
------	Collars	------	Collars	------	Collars
------	Cuffs	------	Cuffs	------	Cuffs
------	Drawers	------	Drawers	------	Drawers
------	Undershirts	------	Undershirts	------	Undershirts
------	Union Suits	------	Union Suits	------	Union Suits
------	Pajamas	------	Pajamas	------	Pajamas
------	Night Shirts	------	Night Shirts	------	Night Shirts
------	Socks	------	Socks	------	Socks
------	Handkerchiefs	------	Handkerchiefs	------	Handkerchiefs
------	Dresses	------	Dresses	------	Dresses
------	Waists	------	Waists	------	Waists
------	Skirts	------	Skirts	------	Skirts
------	Chemises	------	Chemises	------	Chemises
------	Undervests	------	Undervests	------	Undervests
------	Drawers	------	Drawers	------	Drawers
------	Stockings	------	Stockings	------	Stockings
------	Night Gowns	------	Night Gowns	------	Night Gowns
------	Corset Covers	------	Corset Covers	------	Corset Covers

Finest Shirt and Collar Work **Excelsior Laundry** PHONE 5 3 1 2

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

We Clean and Renovate your Blankets, Quilts, Pillows, Mattress Covers—EXCELSIOR LAUNDRY PHONE 5 3 1 2

Date		Date		Date	
Pieces	ARTICLES.	Pieces	ARTICLES.	Pieces	ARTICLES.
------	Shirts	------	Shirts	------	Shirts
------	Collars	------	Collars	------	Collars
------	Cuffs	------	Cuffs	------	Cuffs
------	Drawers	------	Drawers	------	Drawers
------	Undershirts	------	Undershirts	------	Undershirts
------	Union Suits	------	Union Suits	------	Union Suits
------	Pajamas	------	Pajamas	------	Pajamas
------	Night Shirts	------	Night Shirts	------	Night Shirts
------	Socks	------	Socks	------	Socks
------	Handkerchiefs	------	Handkerchiefs	------	Handkerchiefs
------	Dresses	------	Dresses	------	Dresses
------	Waists	------	Waists	------	Waists
------	Skirts	------	Skirts	------	Skirts
------	Chemises	------	Chemises	------	Chemises
------	Undervests	------	Undervests	------	Undervests
------	Drawers	------	Drawers	------	Drawers
------	Stockings	------	Stockings	------	Stockings
------	Night Gowns	------	Night Gowns	------	Night Gowns
------	Corset Covers	------	Corset Covers	------	Corset Covers

Date		Date		Date	
Pieces	ARTICLES.	Pieces	ARTICLES.	Pieces	ARTICLES.
------	Shirts	------	Shirts	------	Shirts
------	Collars	------	Collars	------	Collars
------	Cuffs	------	Cuffs	------	Cuffs
------	Drawers	------	Drawers	------	Drawers
------	Undershirts	------	Undershirts	------	Undershirts
------	Union Suits	------	Union Suits	------	Union Suits
------	Pajamas	------	Pajamas	------	Pajamas
------	Night Shirts	------	Night Shirts	------	Night Shirts
------	Socks	------	Socks	------	Socks
------	Handkerchiefs	------	Handkerchiefs	------	Handkerchiefs
------	Dresses	------	Dresses	------	Dresses
------	Waists	------	Waists	------	Waists
------	Skirts	------	Skirts	------	Skirts
------	Chemises	------	Chemises	------	Chemises
------	Undervests	------	Undervests	------	Undervests
------	Drawers	------	Drawers	------	Drawers
------	Stockings	------	Stockings	------	Stockings
------	Night Gowns	------	Night Gowns	------	Night Gowns
------	Corset Covers	------	Corset Covers	------	Corset Covers

Ladies' Waists and Skirts Laundered Excelsior Laundry PHONE 5 3 1 2

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

We wash your Rugs, Curtains, Draperies, Table Covers
Perfectly at EXCELSIOR LAUNDRY PHONE 5312

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

Date _____	
Pieces	ARTICLES.
------	Shirts
------	Collars
------	Cuffs
------	Drawers
------	Undershirts
------	Union Suits
------	Pajamas
------	Night Shirts
------	Socks
------	Handkerchiefs
------	Dresses
------	Waists
------	Skirts
------	Chemises
------	Undervests
------	Drawers
------	Stockings
------	Night Gowns
------	Corset Covers

We Wash Everything Washable Excelsior Laundry PHONE 5312

WHEN YOU WANT	CALL ON	ADDRESS	TELEPHONE
Automobiles	Brownell Auto Co.	323-325 *S. Twentieth St.*	
Bakery Goods	American Bakeries-Candy Co.		
Bank	Bank of Ensley		
Baths	Campbell's Steam Bath Parlors	Fourth floor Hood Bldg.	M. 8746
Confectionery	Newsome's	1921 *Third Ave.*	9257-4836
	Massey's Palace of Sweets	1928 *Second Ave.*	M. 293
Coal or Lumber	Asa L. Hoyt	931 *N. Nineteenth St.*	M. 429-312
	Guarantee Coal Co.		M. 228
Cleaning	O. K. French Dry Cleaning Co.	327 *N. Seventeenth St.*	M. 2084
	R. H. Puckett	2123 *Fifth Ave.*	M. 4793
Collections	National Underwriters	2103½ *N. Third Ave.*	Main 6079
Drinks	Glee-Cola		
	Pep-To-Lac		
Drugs, etc.	Hagan-Dunlap Drug Co.	*Cor. Third Ave. and Twentieth St.*	M. 2750
	Lanning Drug Store	2133 *Fifth Ave.*	M. 1401
	Letaw's Pharmacy	*City Hall Bldg.*	1610-9100
	Parker's Drug Store	*Woodward Bldg.*	1107-918
	Patton-Pope Drug Co.		M. 141
	Rochester Drug Co.	*Eighteenth St. and Avenue. E, Ensley*	Ensley 64
		4600 *Gary Ave., Fairfield*	Ensley 270-J
Dry Goods	Goldstein Bros.	1915-1917 *Third Ave.*	
Flour	Chas. A. Jones	2205 *Morris Ave.*	Bell Phone 2153

WHEN YOU WANT	CALL ON	ADDRESS	TELEPHONE
Furniture	Duke Bros. Furniture Co.	1813 *Fourth Ae.*	M. 1692
	Hood-Whittle Furniture Co.	1910-1912 *Third Av., Bessemer* / 1818-1820 *Ave. D., Ensley*	Bes. 374 / Ensley 944
	Hood-Wheeler Furniture Co.	2013-2015 *Fourth Ave.*	
	Oster Bros. Furniture Co.	2020-2022 *Third Ave.*	
	Peter Zinszer	2115-2117 *Second Ave.*	Phone 973
	Rhodes-Carroll Furniture Co.	2217-19 *Second Ave.*	
	Strickland-Green Furniture Co.	2201-3 *Second Ave.*	
Gowns	Mrs. Condon	1921 *Third Ave.*	Phone 8035
Groceries	Fowlkes & Myatt	*Fourth Ave., between Twentieth and Twenty-first Sts.*, Main 510-5-1777-4880	
	V. W. Wood & Co.	2400 *Second Ave.*	M. 6091
	Ready-to-Eat Shop	*Five Points*	
Hardware	Butcher Tool & Hardware Co.	405 *N. Twentieth St.*	7168
	Byrum Hardware Co.	410 *Nineteenth St., Ensley*	
	Spiro Hardware Co.	1920 *Third Ave.*	
Insurance	Ed L. Anderson	206-7-8 *Jefferson Co. Bank Bldg.*	M. 3466
	A. J. Arrant General Agency	220 *N. Twenty-first St.*	M. 2267
	Herbert J. Baum	*Brown-Marx Bldg.*	M. 2860
	Lucien C. Brown	2029½ *Second Ave.*	
	W. W. Bussey	411-414 *Woodward Bldg.*	
	Chas. B. Froment	1014 *Woodward Bldg.*	M. 2188
	Henry Hiden	207 *N. Twenty-first St.*	Bell 379
	Thompson & Hoover	1021 *First National Bank Bldg.*	M. 1606
	V. S. Loventhal		
	Addison W. Lynch	624-637 *Brown-Marx Bldg.*	P. O. Box 244

WHEN YOU WANT	CALL ON	ADDRESS	TELEPHONE
Jewelry	Ellis Jewelry Co.	*Ensley*	
	Herzog-Thompson Jewelry Shop	1907 *Third Ave.*	
	Jobe-Rose Jewelry Co.	117 *N. Nineteenth St.*	
Kodaks	Terreson	2027 *Second Ave.*	
Laundry	Excelsior Laundry	1807 *Second Ave.*	M. 5312
Livery	Kentucky Livery Co.		M. 466-677
Literature	Webster Harris	117½ *N. Twentieth St.*	
Mattresses	Birmingham Mattress Co.		
	Perfection Mattress & Spring Co.		
Meats and Vegetables	Hotel Supply Co., Inc.	309-11 *N. Eighteenth St.*	5506-5507
Musical Instruments	Whitaker	2112 *Fourth Ave.*	M. 6460
Nursery	Colmant Nurseries	*Colmant Station*	
Opticians	Traylor & Stanton	100 *N. Twentieth St.*	
Photographs	Stephenson's Studio	416 *N. Twenty-first St.*	Phone 4937
Plumbing, Heating and Electrical Goods	Alabama Supply Co.	308 *N. Twentieth St.*	
	Birmingham Railway, Light & Power Co.		
	Miller Electric Co.		

WHEN YOU WANT	CALL ON	ADDRESS	TELEPHONE
Real Estate	Drake & Douglass Real Estate Co.	26 *N. Nineteenth St.*	Phone 2417
	Lonergan & Kendrick Realty Co.	1501-2 *Jefferson Co. Bank Bldg.*	M. 7538
	Tri-State Realty Co.	1203-5 *Jefferson Co. Bank Bldg.*	
	Bailey-Jones Real Estate & Ins Co.	221 *N. Twenty-first St.*	M. 28
Shoes	Cox Shoe Company	1918 *Second Ave.*	
Shoe Repairing	Blue Ribbon Shoe Shop	1907 *Fourth Ave., Birmingham*	4012
		1805 *Third Ave., Birmingham*	6960
		304 *Nineteenth St., Ensley*	1086
		116 *Nineteenth St., Bessemer*	723
Shorthand	Miss Bond Shorthand School	328 *Hood Bldg.*	
Syrup	Alabama-Georgia Syrup Co.	*Montgomery, Ala.*	
Tea and Coffee	Batterton Coffee Co.	2500 *Second Ave.*	
Trunks, Valises, etc.	W. M. Lawrence & Bro.	2009 *Fourth Ave.*	
Undertaking	Johns Undertaking Co.	2011 *Fourth Ave.*	Phone 1002
	E. C. Shaw & Son	2117 *Fifth Ave.*	M. 9
Wall Paper	Geo. W. Harris & Sons Wall Paper Co., Inc.	115 *N. Twenty-first St.*	47